

Windsor Manor

229 Pearl St. Grinnell, IA. 50112 | Phone 641-236-8700 | www.windsor-manor.com



Celebrating December Birthdays

3rd Margie Harford

8th Amy Masterson

12th Mandy Emmert

15th Patsy Hanson

19th Stanley Walford

19th Rileigh Prior

21st Amber Gunderson

23rd Terry Stephen



Resident Spotlight **Mary Margaret Mobley**



Mary Mobley was born October 19, 1936 in Grinnell, IA. to Melvin and Margaret Dever. She was their only child. They resided on a farm outside of Montezuma. Her father operated the family farm, and her mother was a High School Teacher. Being the only child, she recalls, she would play with the kitties often on the farm.

Mary met her husband Don Mobley while they were both attending college at Missouri University. They resided in Carolton, MO. Mary and Don had three kids Julie (Jim) who lives in MO., Pam who lives in Montezuma, and their son Neil has passed away. She taught Second Grade for 25 years; she had also taught Spanish. Her last year of teaching she received the Teacher of the Year Award. Mary was very involved with the Montezuma Methodist Church, was a 4h Leader for 35 years and was involved with Bridge Club, her churches Christian Education Dept. She has traveled to Alaska and Hawaii. In her free time, she loves shopping, cooking, visiting with friends, and playing cards. We welcome you to our Windsor Family Mary we love seeing your bright smile around our halls.

Employee Spotlight **Mallory Chiquito**



Windsor Manor has a new beautician. We are so glad to have you and your bubbly personality on board with us, Mallory. Mallory is ready to serve your loved ones every Monday.

Hi, I'm Mallory Chiquito! My husband and I have 2 sons and 1 daughter together. We live in Collins, IA but originally lived in Grinnell for 3 years. I have been a cosmetologist for 6 years. I graduated from Iowa School of Beauty in 2017. I own a salon in Collins but have always enjoyed coming to senior living facilities and making the residents feel great about themselves. My passion and love for the industry is to leave everyone with a smile on their face and feeling their very best. In my free time I enjoy spending time with my family/friends, doing crafts, going on motorcycle rides with my husband, and tending to my plants.

She looks forward to seeing your loved ones every Monday!

To help you prepare for flu season, here are 8 tips to stay healthy during flu season.

Get a Flu Shot. ...

Avoid Close Contact. ...

Wash Your Hands. ...

Don't Touch Your Eyes, Nose, or Mouth. ...

Clean and Sanitize Surfaces. ...

Pay Attention to Overall Health. ...

Cover Sneezes and Cough. ...

Stay Home.



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Home Sweet Home



Gingerbread House Day, December 12, brings a touch of magic to the holiday season. It's the perfect occasion to indulge in a time-honored tradition: building and decorating gingerbread houses.

This charming holiday observance offers a sweet escape from the busyness of the season.

The history of gingerbread houses has roots in medieval Europe, where gingerbread was initially reserved for special occasions and celebrations. It was often used to create intricate works of edible art, including gingerbread houses. These delectable structures gained popularity in Germany during the 16th century when the Brothers Grimm published their fairy tales, including the famous story of Hansel and Gretel, who discover a house made of gingerbread and candy deep in the forest.

Notable gingerbread houses have become a source of fascination and wonder. The White House has a longstanding tradition of creating a gingerbread replica of the executive mansion during the holiday season. These intricate confections often include detailed icing decorations and miniature furnishings.

Another impressive example is the annual National Gingerbread House Competition in Asheville, North Carolina. This event attracts pastry chefs and artists from around the world who craft astonishing gingerbread creations, from charming cottages to elaborate castles.

In modern times, gingerbread houses have evolved from simple, rustic structures to intricate architectural marvels. They continue to be a beloved holiday tradition, a sign of the enduring appeal of this spicy-sweet treat. This year on Gingerbread House Day, unleash your creativity, and see what kind of edible masterpiece you can create with family and friends.

Reminder:

Santa and Mrs. Clause will be making a surprise visit here at Windsor Manor on December 9th. There will be breakfast served from 8am-9:30am. The cost for this meal is \$5 and 4 years and under will eat for free. The menu will consist of pancakes, eggs, and sausage. We will also strike a pose with our special guests during this time. We will then take the opportunity while our loved ones are here to help us decorate our doors, like we did last year. The Residents had so much fun doing this activity with their families. We hope it will work again this year, for as many as you to come. We would even encourage it if you are able to adopt a door. If you are interested in helping in that way let me know and we can get you involved in that way also.

Please RSVP to Melissa Foels 641-990-8452 by December 1st



Pepper Pot Soup

Ingredients:

1 pound honeycomb beef tripe
5 slices bacon, diced.
3 medium leeks, chopped.
2 medium green bell peppers, diced.
1 bunch fresh parsley, chopped.
½ cup chopped onion
½ cup chopped celery
2 quarts beef stock
1 teaspoon ground black pepper
½ teaspoon dried marjoram
½ teaspoon ground cloves (Optional)
¼ teaspoon dried thyme
¼ teaspoon crushed red pepper flakes
1 large bay leaf
1 large potato peeled and diced.
2 large carrots, diced.
4 tablespoons margarine
4 tablespoons all-purpose flour

Directions:

Step 1

Place tripe into a saucepan and cover with water. Bring to a boil, then turn off the heat and let sit until tripe has cooled slightly, about 20 minutes. Drain and rinse; cut into 1/4-inch pieces.

Step 2

Sauté bacon in a Dutch oven over medium heat until clear, 2 to 3 minutes. Add leeks, bell peppers, parsley, onion, and celery; sauté until tender, about 5 minutes. Stir in stock, pepper, marjoram, cloves, thyme, pepper flakes, and bay leaf. Add tripe and bring to a boil. Reduce the heat, cover, and simmer until tripe is very tender, about 2 hours. Add potato and carrots; cook until tender, about 20 minutes.

Step 3

When the soup is almost ready, melt margarine in a small skillet over medium-low heat. Whisk in flour and stir until mixture becomes paste-like and light golden brown, about 5 minutes. Stir roux into soup and cook, stirring constantly, until soup thickens a bit. Taste and adjust seasonings as desired. Discard bay leaf.

December Special Days

8th Music w/ Ron Burgess

14th Music w/ Dennis Perry

19th Jolly Holiday Lights & Dinner Out

25th Christmas Day

31st New Years Eve

Soup du Jour

It's a dish that earned the name "the soup that won the war." General Washington's Continental Army was starving and frozen one winter at Valley Forge. On December 29, 1777, Washington urged his army chef, Christopher Ludwick, to cook a meal he had once encountered visiting his brother in Barbados. It was a soup that warmed both his troops' bellies and hearts.

Ludwick gathered what ingredients he could—tripe, meat, and peppercorns—and mixed up a version of pepper pot soup. Not only did the revolutionaries win the war, but December 29 came to be known as Pepper Pot Soup Day.

You could celebrate the day by recreating Ludwick's hot and spicy dish. Or you could honor Ludwick by rummaging around in your kitchen to concoct a soup made from leftovers and scraps.