

January 2024

# Windsor Manor

229 Pearl St. Grinnell, IA. 50112 | Phone 641-236-8700 | [www.windsor-manor.com](http://www.windsor-manor.com)



## Celebrating January Birthdays

2<sup>nd</sup> Betty Ohalloran

7<sup>th</sup> Susan Dimit

10<sup>th</sup> Jane Drey

28<sup>th</sup> Kalista Koster



## Resident Spotlight **Verna Gerrish**



Verna Gerrish was born August 18, 1930, to Edward and Hattie Dallugle of Minneapolis, MN. She was the oldest of two, her youngest brother's name was Robert. Verna attended Emauel Lutheran for Elementary and North High School. Her first job was working at a local grocery store. Verna recalls with great fondness celebrating the 4<sup>th</sup> of July with her family.

Verna was united in marriage to Everette. Everette had served in the Air Force. The couple had met at the University of Minnesota. To this union brought three children Audrey, Wendy, and Brad. Verna's occupation was for the Grinnell Office Supply Co. where she was a purchaser. Verna was able to travel to many different places. She has been to Europe, Hawaii, and many other fun places with her husband's job at Cargill. She is very active with her church still and enjoys going to different luncheons and bible studies. Verna also enjoys reading and visiting with her friends. We thank you for always having such a helping spirit and a spare smile to share with us all.

## Employee Spotlight Shelly Milner



Shelly came to us eight months ago. She has two brothers and lost her sister. Shelly has one son and lost her daughter. She is blessed with several grandkids. Shelly loves spending time with her son and grandkids in her spare time. She loves crafting and decorating. She loves the homelike atmosphere here at Windsor with both the Residents and her coworkers. Shelly feels that with God all things are possible. Thanks so much for all you do for everyone here at Windsor Manor. She is always quick to jump in and help regardless of what she is doing. Welcome to our Windsor Family Shelly!!

### ***My Prayer For You***

*I thought of you so much today  
I went to God in prayer.  
To ask Him to watch over you  
and show you that we care.*

*My prayer for you was not for rewards  
that you could touch or feel.  
But true rewards for happiness  
that are so very real.*

*Like love and understanding  
in all the things you do.  
And guidance when you need it most  
to see your troubles through.*

*I asked Him for good health for you  
so your future could be bright.  
And faith to accept life's challenges  
and the courage to do what's right.*

*I gave thanks to Him for granting my prayer  
to bring you peace and love  
May you feel the warmth in your life  
with God's blessings from above.*

- SIGNE -

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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.



Like us on  
**Facebook**

*Happy  
New Year*





## In Praise of Compliments

January 24 may be the most positive day of the year—it's Compliment Day!

Compliments are not just friendly small talk; they are powerful tools to build and strengthen relationships. After all, when you pay a compliment, you are focused entirely on the other person. A happy by-product is that they also make the person paying the compliment feel good.

Giving good and honest compliments is hard work. You must truly get to know the other person by listening to their words, observing their actions, and learning from their experiences. And if you've ever received a heartfelt compliment, you know how good one can make you feel. As Mark Twain once quipped, "I can live for two months on a good compliment."

Have you ever paid a compliment that seemed to go unnoticed? Not all compliments are created equal. If you want your compliment to be heard loud and clear, follow these steps:

1. Be sincere. Don't give a compliment if you don't mean it.
2. Be specific. Don't say something vague; say something that shows you're paying close attention to the person.
3. Go beyond the compliment. Don't just compliment another person; go further by commenting on the positive outcome of that person's action or choice.
4. Follow up with a question. Show genuine interest by asking a question and turning your compliment into a conversation.
5. Avoid comparisons. Don't tell someone that they are better than something else; value the person in their own right.
6. Expect nothing in return. Never offer a compliment and then ask for a favor at the same time.
7. Setting matters. There is a right time and place for every compliment.

## December Special Moments





### INGREDIENTS

1 pounds ground beef  
¾ cups onion chopped  
¾ cups Carrots shredded  
¾ cups celery diced  
1 teaspoon dried basil  
1 teaspoon dried parsley flakes  
2 cloves garlic  
4 tablespoons butter divided  
3 cups chicken broth  
4 cups peeled potatoes diced, about 1-¾ pounds  
¼ cups all-purpose flour okay to use gluten-free here  
12 ounces pepper jack Velveeta cut into cubes  
1-½ cups milk  
¾ teaspoon salt  
¼ teaspoon pepper  
¼ cups sour cream

### INSTRUCTIONS

In a 3-qt. saucepan, brown beef over medium-high heat; drain and set aside.  
In the same saucepan over medium heat, saute onion, carrots, celery, basil and parsley in 1 tablespoon butter until vegetables are tender, about 10 minutes. Press garlic into pot, and cook until just fragrant, about 1 minute.  
Add broth, potatoes and beef; bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until potatoes are tender.  
Meanwhile, in a small skillet, melt remaining butter. Add flour; cook and stir for 3-5 minutes or until bubbly. Add to soup; bring to a boil. Cook and stir for 2 minutes.  
Reduce heat to low. Add cheese, milk, salt and pepper; cook and stir until cheese melts. Remove from the heat; blend in sour cream.

**ENJOY!!**

## January Special Days

Hot Tea Month

Blood Donor Month

1<sup>st</sup> Welcome 2024

4<sup>th</sup> Trivia Day

9<sup>th</sup> Music w/ Dennis Perry

11<sup>th</sup> Monte Methodist Church Visits

11<sup>th</sup> High School Student Council Visits

15<sup>th</sup> Martin Luther King Jr. Day

16<sup>th</sup> Music w/ Ron B.

18<sup>th</sup> Jr. High Student Council Visits

## A Prayer for the New Year

Lord,  
Whether I leave behind  
a year of joy or of trials and difficulties,

I pause to *give thanks*.  
Thank you for being with me  
every day of every year.

Thank you for making all things **new**  
and for giving me the grace of  
fresh starts

and *new beginnings*.  
Remind me of your presence in the days to  
come,  
even when I feel pushed and rushed by  
busyness.

**Be glorified in my life this year.**

*Amen*