

### Work Hard by Hardly Working



It may be easier said than done, but January 12 is Work Harder Day. Many businesses these days certainly seem obsessed with getting more from their workers. And hard work isn't just for nine-to-fivers anymore. We are constantly hearing

that we must work harder in our personal lives, too: to improve relationships, become healthier, and think smarter. Just how are we supposed to accomplish this never-ending stream of hard work?

Advice abounds for improving productivity. Experts tell us to find help and delegate tasks to talented team members. We must make to-do lists and better manage our time; set realistic goals and reward ourselves for reaching them; watch less TV and get more sleep. But has your boss ever told you to work less?

There are some who believe that in order to work harder, we must work less. Giving workers time off, from a few minutes to a few weeks, from one fewer meeting to 100 fewer emails, allows the mind to focus on its main job: thinking. Some creative types may be at their most productive when they appear to their bosses to be doing nothing. Bill Gates, when he was in charge of Microsoft, would live by himself in a remote cottage for two "think weeks" every year just so he had the mental space to invent the technology of the future. It is hard to imagine what our workforce would look like if employees were pressured to take a couple of "think weeks" off every year on the company dime.

Perhaps it is no coincidence that January 13 is Make Your Dreams Come True Day. Truly, the best way to make your dreams come true is to put in some hard work first. A little luck also couldn't hurt. But, to borrow a line from Thomas Jefferson, "I'm a great believer in luck, but I find the harder I work the more I have of it."

### January Birthdays

- Mary Louise January 3<sup>rd</sup>
- Ruth Anderson January 4<sup>th</sup>
- Dixie Foraker January 25<sup>th</sup>
- Helen Schlier January 26<sup>th</sup>



### Happy 2024 Year!!! Best wishes to all!



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

# Windsor Manor

608 South 15<sup>th</sup> Street Indianola, IA | Phone number 515-961-8900 | Fax number 515-961-8907



### Celebrating January

Hot Tea Month

Blood Donor Month

Brain Teaser Month

**New Year's Day**

January 1

**Trivia Day**

January 4

**Step in a Puddle and Splash**

**Your Friends Day**

January 11

**Dress Up Your Pet Day**

January 14

**Martin Luther King Jr. Day**

January 15

**Kid Inventors Day**

January 17

**Take a Walk Outdoors Day**

January 20

**Australia Day**

January 26

**National Seed Swap Day**

January 27

**Puzzle Day**

January 29

### Resident Spotlight



Helen Schlier was born and raised in Albia, Iowa. Her father owned the first sale barn in Iowa. She helped clerk the sales. Helen met her husband John at her brother's wedding, and they were happily married for many years. They have six children, 12 grandchildren and 15 great grandchildren. Helen used to play bridge, poker, bingo, cards and crafts.

Helen likes the friendly Staff at Windsor Manor. We love spend time with you and see you being happy. We all love you Helen! You are so sweet and nice and you have the most beautiful and warm smile 😊 We really appreciate you and your friendliness. Windsor Manor Family.

## 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.

## Oh My Word

There are between 600,000 and one million words in the English language, depending on your definition of what should count as a word. The average English speaker knows only 50,000 and uses far fewer on a daily basis. So on January 9, Word Nerd Day, take the time to supplement your quotidian lexicon with either a neologism or other new and utilitarian lexeme. In other words, learn a new word.

Even if linguistics is not your bailiwick and you believe that intricate locution is a supercilious conceit, you need not eschew your neighboring logophiles. Certainly, there is no need to engage in odious obloquy simply because the aforementioned display a penchant for conversational superfluity. Instead, consort with the jocular holiday revelers and participate in the day's delectable verbosity. You may reap a veritable cornucopia of rhetorical lagniappes.

## Art by Vanessa Ilnitsky

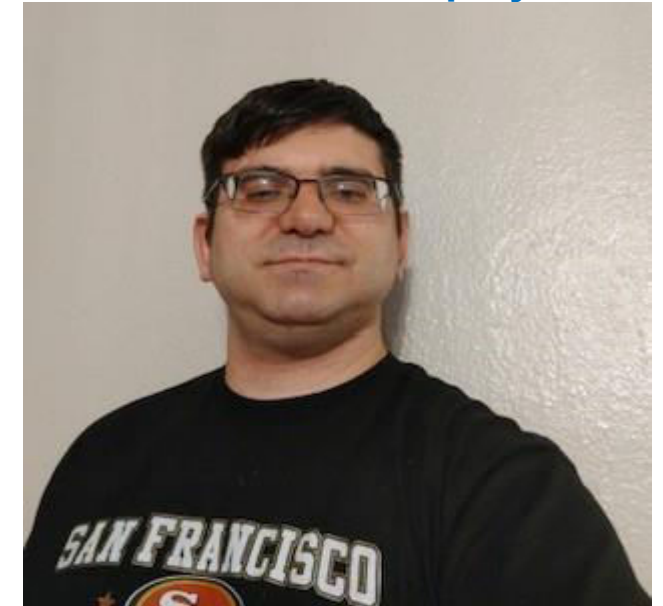


Vanessa is a wonderful art instructor. She loves coming to Windsor Manor and showing the Residents how easy it is to create a beautiful work of art. We all love Vanessa 😊

## Activities Corner



## Meet Our New Employee



**Ilya Tarasenkov** was born in Moscow, Russia. Their family moved to California USA in 1996 when Ilya was three years old. Moved to Salem Oregon when he was 13. He finished HS in Oregon, then got a Medical Assistant Certificate in 2013. He considers his biggest accomplishment to be working in the healthcare field as a caregiver since 2010. Ilya has three brothers and two sisters and many nieces and nephews. He likes to travel, go on mission trips, swimming, lift weights, used to lift 600 pounds with his leg muscles. Ilya likes joking to brighten up people's mood. He likes to learn different languages: Greek, Hebrew, Aramaic. Speaks Russian and English. For his first job he delivered newspapers. Also, picked blueberries and other berries in the field. He likes to read archaeology books, look for evidence, running, hunting, mountain climbing and study the Bible. He also plays guitar, piano and sings. His favorite vacation spot is Hawaii. He has been to Turkey, Amsterdam in Netherland, Baja CA in Mexico, WA, Oklahoma, Yellow Stone National Park in Wyoming. Currently he is studying the Bible in Hebrew/Greek and Aramaic at Institute for Biblical Study. Hoping to continue studying for a nursing degree. Ilya currently moved to Indianola, Iowa. Loves to be a blessing to staff and residents at Windsor Manor.