

February 2024

# Windsor Manor

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



## Celebrating February Birthdays

7th Charlene Ingram

16th Ethan Palmer

22nd Cindy Smith

23rd Becky Schwarck

26th Carol Pearce

27th Larry Gorsuch



## Resident Spotlight Mary "Jane" Drey



Jane Drey was born January 10, 1934, in Waterloo, IA. to Phillip and Edith. Her father worked at Phillips Petroleum and her mother was a secretary. She has two other siblings, Michael, and Margarette. Jane feels blessed to have had the best childhood upbringing. Her family often traveled to Northern Minnesota for trout fishing.

Jane was married to Bob Drey in June of 1951. Their parents introduced them. She recalls the huge wedding and reception that they had. Jane's first job was selling candy at JC Penney. She would later become a teacher and held that title for five years. Jane and Bob were blessed with adopting three children Kathryn, Michael, and Julia. Jane has two grandchildren and two great grandkids. She recalls traveling the world. They traveled to Hawaii, Europe, France, Germany, England, and Alaska. In her free time, she enjoys BINGO, reading, watching TV, and putting puzzles together with her friends. We welcome you to our Windsor Family Jane and thank you for always being so upbeat and positive with a smile on your face.

## **Employee Spotlight** **Billi Keller**



Billi grew up in Grinnell and has six siblings.

She has always worked in Nursing Home settings. Billi accounts her love of working and helping people, is what led her to this field.

She has also worked in House Keeping and Dietary. In Billi's free time she enjoys being outdoors and has a soft spot for animals. Her favorite motto is, always find the positive in every negative. We welcome you aboard Billi to our Windsor Family.



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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## READ ALL ABOUT IT!



**WINDSOR MANOR**  
GRINNELL  
*Assisted Living & Memory Care Community*

# Senior Coffee HOUR

Join us for coffee and donuts every Monday from 8:30am - 10:00am. This social event is free and open to the public.

229 Pearl Street  
Grinnell, IA 50112  
**641-236-8700**  
[Windsor-manor.com](http://Windsor-manor.com)

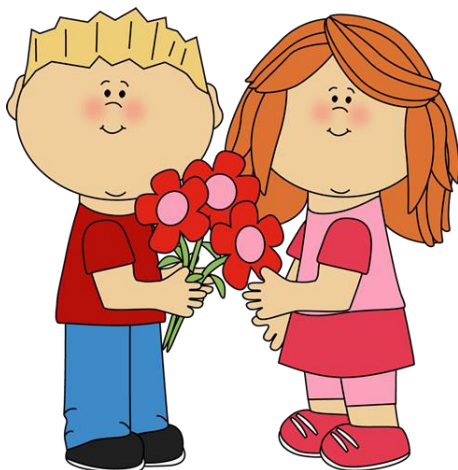
Please note: Although we will miss you, in consideration of others, we kindly ask that you not attend if you are feeling ill. Thank you.



## Corner of Smiles



## Valentines Day Challenge!



## February Special Days

**Bird Feeding Month**

**Women's Inventors Month**

**14<sup>th</sup> Valentines Day**

**17<sup>th</sup> Presidents Day**

**26<sup>th</sup> For Pete's Sake Day**

**29<sup>th</sup> Leap Day**

## **Get Ready to LOL**



February 8 is Laugh and Get Rich Day. If only it was that easy! Gelotology is the psychological study of laughter, and scientists are still trying to figure out just why we laugh. Laughter involves many different parts of the brain as well as the coordination of many muscles. Laughing 100 times is equal to 15 minutes of exercise on a bike. It's a total body workout, with all the physical and psychological health benefits to boot. So, while laughter may not fill our bank accounts, it certainly enriches our lives.