

Inbox Insights



This might be good news or bad news depending on your relationship with your **email inbox**, but the second week of June is Email Week. No doubt about it, email has forever transformed the way we communicate. The question is, has it transformed our communication for better or for worse?

Email truly is a communication miracle. It has shrunk space and time, making communication global and instantaneous. In both our personal and business lives, we can now keep in touch more easily, saving time and money in the process. (Just ask your postal carrier.)

Through email, we can correspond using more than just words. We share documents, pictures, videos, and music. Email allows us to work from home rather than commute to the office each day. It also enables us to reach hundreds of people at the click of a button. And thanks to smartphones and other mobile devices, we can access our email on the go—anytime, anywhere.

Yet studies show that most people can handle a maximum of only 50 work emails per day. Any more than that and they feel overwhelmed. In fact, many people feel “inbox anxiety,” a deep pressure to respond to every email they receive. When you consider that over 361 billion emails are sent around the world each day, that’s a lot of inboxes to clear!

This brings us to spam. No, we’re not referring to the canned meat product that has become a pop culture phenomenon; we’re talking about those junk emails flooding your inbox: advertisements, forwards, and even fraudulent scams. As much as 85 percent of all email falls into this category. Perhaps the best way to celebrate Email Week is to not read email at all. After all, some believe that email is passé, and that the communication of the future is texting and social media sites like Facebook, Instagram, and X.

June Birthdays

Jade James June 1st
 Kathy Ohnumus June 3rd
 Lynn Lee June 7th
 Marg Williams June 23rd



Up and at 'Em!

Open your eyes, leap out of bed, and face another glorious new day! That’s the philosophy behind Upsy Daisy Day on June 8.



The first known record of the phrase **upsy daisy** is from an 1862 book by C. Clough Robinson entitled *The Dialect of Leeds and Its Neighbourhood*: “Upsa daisy! A common expression when a child, in play, is assisted in a spring leap from the ground.” While in this expression **daisy** is a cute way of saying **day**, it also gives us the image of a child lying down in a bed of daisies. Funny, then, how the flower name **daisy** also refers to the word **day**, as in **day’s** eye. A daisy closes its petals at night and then opens them in sunlight, exposing its yellow center like an eye opening. So, on June 8, leap out of bed, take a trip to the florist, and surround yourself with daisies.

Windsor Manor

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Celebrating June

Adopt-a-Cat Month

National Soul Food Month

International Men’s Health Month

Automotive Service Professionals Week
 June 3–9

Watermelon Seed Spitting Week
 June 27–30

Go Barefoot Day
 June 1

Tailors Day
 June 5

National Donut Day
 June 7

Nature Photography Day
 June 15

Father’s Day
 June 16

International Day of Yoga
 June 21

National Bingo Day
 June 27

New Resident Spotlight



Meet our new resident, **Jane Vandervelde**. Jane was born in Missouri. She grew up in a small town in Iowa and was raised by her aunt. Her family used to live in Florida or Alabama in the wintertime, because Iowa is so cold.

Jane loves music. She was a music major at Simpson College. Then she became a music teacher. She also used to sing in the choir and music groups. Ask her what instruments she used to play.

Then Jane was married and has four children: Linda, Mark, Laura and Brian.

Jane used to be very active in sports, played golf, skating, swim and horseback riding.

Jane likes to drink hot or cold earl grey tea. She loves vanilla ice cream, enjoys walking, already very active in activities at Windsor Manor; devotions, exercise of every kind and very creative in arts and crafts.

Welcome to Windsor Manor, Jane! We love you very much and hope to spend lots of years with you. Thank you for bringing more sunshine to our big loving family at Windsor Manor.

Activities Corner



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Dare to Be Great

We double-dog dare you to celebrate Dare Day on June 1. While it would never be advisable to accept a dare to jump off the Brooklyn Bridge, it is always appropriate to dare to be great. President Theodore Roosevelt said, "Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure... than to rank with those poor spirits who neither enjoy nor suffer much, because they live in the gray twilight that knows not victory nor defeat."

The first step in daring to be great is to have a positive attitude and let go of any fear of failure. It may be true that society largely judges us on our outcomes, whether we succeed or fail at work or at home, when instead we should all be measured by the fortitude of our character. No matter the outcome of taking a risk, a dare, or an endeavor, as long as you stay self-confident and maintain self-love, then great things are possible.

Eyesight Essentials



On a bright June day, a pair of sunglasses might seem the perfect fashion accessory, but sunglasses are more than a fashion statement; they are important for good eye health. On June 27, Sunglasses Day, don a pair and spread the word.

Look for sunglasses that block 100 percent of both UVA and UVB radiation. This type of solar radiation is responsible for cataracts, skin cancer around the eyes, and even sunburns on the eye's surface. Not only will your eyes be healthier, but these sunglasses will also reduce wrinkles. Sunglasses also reduce bright glares, block wind and dust, and reduce headaches and eyestrain in bright light. Whether you choose aviators or wayfarers, keep your future bright (but not too bright).

History of Father's Day

Father's Day did not become a national holiday until 1972. Why did it take so long to pass into law (unlike Mother's Day, which was quickly embraced)? Why was it controversial at one time? Find out.

With America's history, you might think that a holiday recognizing men would be perfectly acceptable. After all, men dominated American society in the early 20th century. In addition, a "Father's Day" or day that recognizes the role of fathers in the family is an ancient tradition. In history books, there is mention of a Southern European tradition dating back to 1508.

Certainly, in modern days, we do not give Father's Day a second thought. It's been almost 50 years since President Richard Nixon's administration declared the third Sunday in June a day to recognize and honor the role of fathers in society (that occurred in 1972).

June 16th, 2024 with **Father's Day** just around the corner, we look back at the surprising history of the celebratory day that started in the US in the early 20th century with two daughters on a mission. **The first recorded occasion of a day to acknowledge the role of fathers happened in 1908, when a Methodist church in Fairmont, West Virginia held a service to honor the 362 men killed seven months earlier on December 6, 1907, when two mines of the Fairmont Coal Company exploded. It was the worst coal mining disaster in American history and left 1,000 children without a father. HAPPY FATHER'S DAY to our most loving fathers and grandfathers!!!**

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Off the Beaten Path

The residents of Ainsworth, Nebraska, enjoy poking fun at themselves when they celebrate their annual Middle of Nowhere Festival each June. In fact, the sign at the edge of town welcoming visitors to Ainsworth proudly declares that you've entered the Middle of Nowhere. Incidentally, Ainsworth also calls itself Nebraska's Country Music Capital, and it will come as no surprise that the town theme song is an apt country tune called "In the Middle of Nowhere."

Residents of Ainsworth might be sorry to hear that analysts have mapped the actual middle of nowhere (in America, anyway) and found it to be either in Idaho, far northern Maine (although you would be close to Canada), the Grand Canyon, or the intersection of Oregon, Idaho, and Nevada. Each of these places is incredibly remote and far from any roads or highways leading back to civilization. So if you truly want to find a place where you can get away from the everyday hustle and bustle of society, then take your pick. Of course, once you have arrived in the middle of nowhere, then you must be somewhere, right?

A Firm Tradition



Don't underestimate the power of a handshake. Scientists have discovered that "a handshake preceding social interaction enhanced the positive impact of

approach." Furthermore, not just any old handshake will do. A firm, confident, and friendly handshake lays the foundation for a positive social experience.

The handshake likely originated as a gesture of peace. Two people would demonstrate that they held no weapons in their hands. Now if only the promoters of World and National Handshake Days could get together, shake hands, and agree on just one day to honor