

# Windsor Manor

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



## August Birthdays

1<sup>st</sup> Anita Ford

12<sup>th</sup> Hailey Haefner

18<sup>th</sup> Verna Gerrish

19<sup>th</sup> Melissa Foels

21<sup>st</sup> Janel Huisman

21<sup>st</sup> Brittany Coltrain

27<sup>th</sup> Norm Huisman



## Resident Spotlight Joyce Paul



Joyce Paul was born September 11, 1935, at her home in Laurel, IA. to Carl and Ethel Sietmann. She has three siblings Betty, Beverly, and Richard. Joyce's family's foundation was rooted deeply in their faith, and she grew up in a very tight-knit community. In their community her father ran the Hardware Store and sold implements while her mother was a housewife. Joyce graduated in 1953 from Laurel

Community School. While in school she loved playing six on six basketball and was a guard.

Joyce was united in marriage to David Grant Paul on September 25. They had gone to school together and David was one year younger than her. Their wedding was across the street from Joyce's home. To this union they had four kids, Dawn Dillman (Tom – deceased), Cindy Paul, Jerri (Tom), and Connie Scurr.

They were married 66 years. Joyce has 8 grandchildren of which 7 are living. She also has 11 great grandchildren and two more on the way, one due in June and one in September, both boys. Joyce recalls when she was raising her family how hard they all worked as a family together around the farm. She was also a 4-H leader for over 20 years and loved the County Fair and Iowa State. Joyce later went on to work at the Farm Services Agency. She recalled the many states and countries that she was able to visit. The one that was her favorite was when she was able to travel to Ireland and see the Paul Family farm and church. Joyce still loves sports. She enjoys watching college basketball and baseball. Her favorite teams are Iowa State, Drake, and the Chicago Cubs baseball. Welcome to Windsor Manor Joyce.

## Employee Spotlight Paula Rudolph



Paula was born and raised in Sioux Falls, South Dakota. She is married to Bill Rudolph, and they have two grown children. Their oldest Kaylee is married to Alex May and is an art teacher for the Indianola school district; they have three children. Their son, Kirk, who recently moved to Altoona, is an engineer for John Deere. They also have two dogs: Abel, a yellow lab, and Walter, a mix.

A teaching job brought Paula to Grinnell 34 years ago. Paula is now retired after teaching 5<sup>th</sup> graders here in the Grinnell-Newburg school district for over 32 years. She came in while her dad was one of our Residents. Her father was deaf and with her being fluent in sign language she was able to come in and help us with that barrier. Paula was very instrumental in helping us learn some of the basic signs, so we too were able to help her father. She loves working with the Residents still. Paula would define success by making a positive difference for others. She spends most of her free time with her family, friends, and pets. Otherwise, you will find her reading, walking her dogs, working in her yard, crafting, or taking an occasional nap. Paula is hoping to travel more in the future. Paula said that she does not have one favorite quote but if she had to pick one it would be on kindness – “be kind for everyone you meet is fighting a battle you know nothing about” (Wendy Mass). Paula we are so happy to have you here at Windsor Manor helping put a bright light in the Residents days.



### Upcoming Family Event!!

### **Windsor Manors Grandparents Day Bash!!**

**Mark your Calendars for  
Sunday September 8<sup>th</sup> from 2pm-4pm.**

**This will be open to all Windsor Manor  
Families. We are hoping for a great turnout  
and nice weather!**

### **The Golden Age**



August 21 is Senior Citizens Day, a day to recognize the importance of seniors and support them in their endeavors as they age. August 14 marks another significant day for older generations—Social Security Day, a day honoring FDR’s signing of the Social Security Act into law in 1935.

We should honor our seniors all year long, not just in August, but what makes this demographic so special? For one, there are a lot of them—over 62 million in America, or about 18 percent of the population. And research shows that seniors are more satisfied than the young. Perhaps it comes from a confidence born of living through the Great Depression and WWII. It may be that seniors finally have time to focus on enjoying the present rather than worry about the future. This might be the most valuable lesson we can learn from our senior friends!

## July's Corner of Cheer



We have exciting news.... We are changing our Facility pharmacy to Omnicare Pharmacy. What this means is if you currently use Right Dose as of 8-1-24 you will use Omnicare Pharmacy. If you have an outside pharmacy nothing changes except, maybe consider switching to Omnicare. We are making this change to reduce our costs. Right Dose pharmacy charges Windsor Manor for every resident that uses an alternative pharmacy. Rather than passing that cost to our residents, we opted to end our contract. If you are interested in hearing more about Omnicare, please stop by the facility, a member of our administrative team will give you a welcome guide. This will introduce you to all that Omnicare has to offer.

A bit about Omnicare - We specialize in medications for older adults, and we have extensive experience providing safe, effective care to seniors. Our medications are adherence-packaged, checked for accuracy and delivered in a timely fashion to help you receive the right dose and medication, each day. We offer a cost savings program for commonly used Over-the-Counter medications called our OTC Advantage plan. Most OTC meds are value priced at \$2.59 for a 30-day supply. We accept virtually all prescription drug and Medicare Part D plans. Our pharmacy is open 24/7, 365 days a year. Stop by Windsor Manor and ask for our Resident Welcome Guide "Welcome to Omnicare pharmacy services"



## Easy Stuffed Bell Peppers Recipe w/ Ground Beef & Brown Rice



### Ingredients:

- 2 Tablespoons Extra-virgin Olive Oil
- 1 Medium Onion, diced
- 2-3 Garlic Cloves, minced
- 1-pound Lean Ground Beef
- 1½ Cup Cooked Brown Rice
- 1 14.5 ounces Can Diced Tomatoes
- 1 Tablespoon Tomato Paste
- 1 Teaspoon Dried Oregano
- 1 Tablespoon Smoked Paprika, see notes
- Kosher salt and pepper, to taste
- 7 Large Bell Peppers, top and core removed
- 1 Cup Shredded Cheddar Jack Cheese
- Freshly chopped parsley, for garnish

### Instructions:

Preheat your oven to 375F and place the peppers cut side up into a baking dish or a rimmed tray.

Heat oil in a large pan over medium heat. Sauté onion until softens, then stir in garlic and cook for about 1 minute more.

Add ground beef and cook until no longer pink, breaking up meat with a wooden spoon, for 5-6 minutes. Stir in cooked brown rice, diced tomatoes, tomato paste, oregano, and smoked paprika.

Cook until sauce is slightly reduced, about 4-5 minutes. Taste and season with salt and pepper as needed.

Stuff each pepper with beef mixture and bake until peppers are mostly tender. About 10-12 minutes.

Sprinkle with cheese and bake for 5-7 minutes more. Garnish with fresh chopped parsley before serving. Enjoy!

## August Special Days

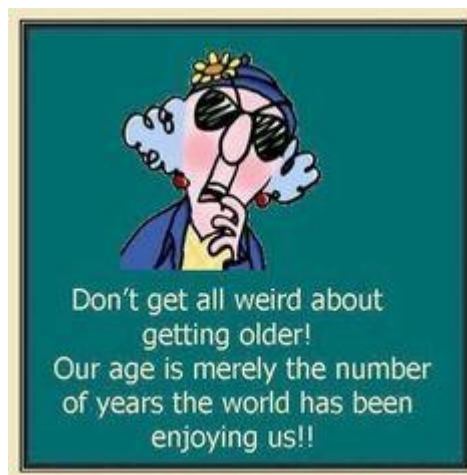
**\*What will be your legacy month. \***

**4-10 National Farmers Market Week**

**8<sup>th</sup> Music w/ Dennis P.**

**15<sup>th</sup> Music w/ Ron B.**

**23<sup>rd</sup> Music @ Rock Creek  
(Families Welcome to Join Us)**



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