

Windsor Manor

229 Pearl St. Grinnell, IA. 50112 | Phone 641-236-8700 | www.windsor-manor.com



Celebrating February Birthdays!

16th Ethan Palmer

22nd Donna Minear

22nd Cindy Smith

23rd Becky Schwarck

26th Carol Pearce

27th Larry Gorsuch

Resident Spotlight **John Lahn**



John Lahn was born March 12, 1935, to Alfred and Evelyn Lahn. He was the youngest of three boys. His sibling's Roger was six years older, and Victor was four years older than John. They grew up in Belle Plaine on the family farm. John said life on the farm was happy.

John and his brothers had a great passion for flying. His brother Roger wanted to fly, and their dad said if they ever came to Belle Plain for flying school, he could take the lessons. Well Roger got that wish and was able to start lessons and he finished them in Cedar Rapids. John and Victor followed that lead. He recalls his brothers having an airplane and flying with them when he was just twelve years old. John got his Private Pilot License when he was a Senior in High School. Which he carried and used with him into his adult years.

John enjoyed playing football and basketball during his school years. He carried his love of basketball over to college where he played for Simpson and received his Business Administration Degree. John then went onto the University of Illinois where he got his master's in business. He worked for a couple of different banks before taking a job for the State of Illinois.

John was married to Beverly, and they had three kids. Pete the oldest is married to Carol and they live at Oakland Acres. Sam is married to Julie, and they live in Anchorage Alaska. Sara is married to Devon, and they also live in Anchorage. John has four grandchildren and one great grandchild. He enjoys spending time with friend and family and visiting with his friends.

Employee Spotlight Denise Sedlock



Denise grew up in Newton, Ia. She moved to Grinnell in 1980 when she graduated. She was married and had two boys. Her oldest son Jordan is 32 and lives in Des Moines. Her youngest son Jarrin is 30 and he lives in Searsboro with his wife Nicole. Denise is also a very proud Grandma of her two-year-old grandson Liam.

She worked for eight years at Saint Francis Manor here in Grinnell right after High School. Denise then took a job at the Hospital and was there for 18 years. She then ventured back to Saint Francis Manor and now we are lucky to have her on board with us here at Windsor Manor.

Denise defines success by one who has goals and meets them. Her favorite quotes which can go along with her definition of success are as follows – nothing is impossible, and don't walk in front of me - I may not follow, don't walk behind me – I may not lead, just walk beside me and be my friend. In her free time, she enjoys going to the movies, walking when it's nice out, and spending time with her friends and family. We welcome you on board with us here at Windsor Denise.

Attention Family Members:

Winter is bringing back new beginnings. As many of you are aware CDC and CMS has opened visitation standards for families now if the residents are vaccinated and wait periods are completed. We are happy to welcome back families and visitors! As we slowly get back to normal, we are happy and excited to be opening our community back up to the public.

If you have any questions about our visitation policy call Windsor Manor at 641-236-8700



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Finding a Lost Art

You may not realize it, but if you send a valentine through the mail on February 7, you are celebrating Send a Card to a Friend Day. Despite the ubiquity of electronic communications like text messages and social media posts, the art of sending mail by post has not been lost entirely. Sending a thoughtful letter to a friend or loved one is a surefire way to show that special someone exactly how dear they are to you. While a greeting card purchased from a store is a nice gesture, the best card-sender does more than just sign their name. Demonstrate thoughtfulness by personalizing your message. Reflect on a memory or moment you shared with your loved one that really meant something to you. List the qualities you most admire about your friend or what you most miss about them or thank them for a valuable lesson they taught you. Finally, sign off with a thoughtful question and encourage them to write back. Handwriting a letter won't just make their day, but the act of writing is a powerful one for you, too. Writing has been proven to reduce stress, strengthen memory, and sharpen your wit, all at the same time. If you feel particularly inspired, you could compose an original poem. After all, it is believed that poetry is what gave us the Valentine's Day we know and celebrate today. If you plan on sending one of this year's 190 million Valentine's Day cards, make sure to personalize it for the one you love.

Please consider mailing your loved one a Valentines to – 229 Pearl St. Grinnell 50112



January's Corner

Officer Appreciation Day



Smiles for the New Year!



CUPID'S POTION FLOAT!



Recipe:

1 Bottle Strawberry Soda
1 Pint of Vanilla Ice Cream
Heavy Cream and Sugar for Homemade Whipped Cream
Sprinkles
White Chocolate (optional for decorating)
Gummies (optional for decorating)

For the Rim:

Melt white chocolate and then dip the rim of the glass into the white chocolate.
Dip the rim into the sprinkles or dump them onto the rim.
Allow the white chocolate and sprinkles to harden before adding the beverage to the glass.

Cupid's Potion Float Directions:

(Make sure when making the float you leave some room at the top of the glass for your whipped cream)

Put about 2 scoops of Vanilla Ice Cream into the glass.
Add your Strawberry Soda until the glass is half full
Add another 2 scoops of Vanilla Ice Cream into the glass.
Top off with Strawberry Soda
Add as much whipped cream and sprinkles as desired.

February Special Days

Library Lovers' Month

Groundhog Day
February 2

Thank a Mail Carrier Day
February 4

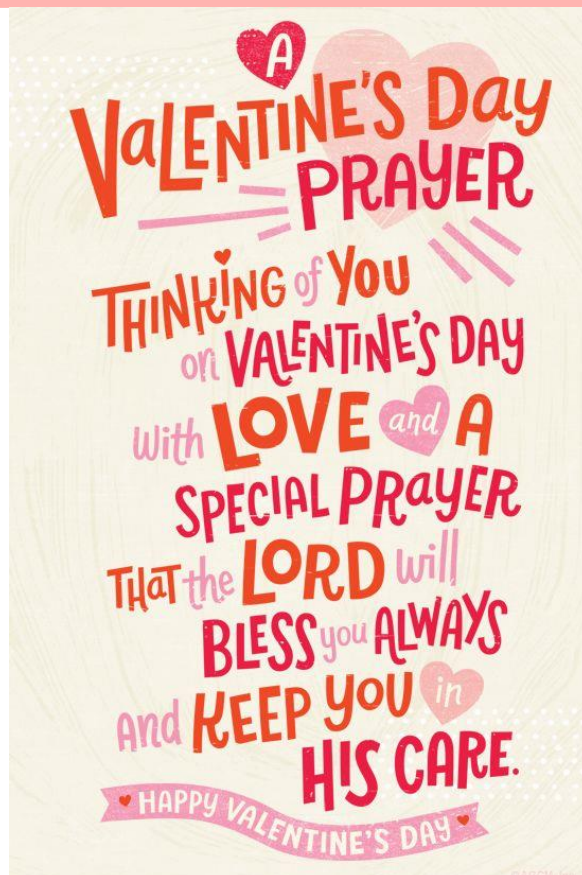
Pizza Day
February 9

Super Bowl LVII
February 12

Valentine's Day
February 14

Presidents' Day (U.S.)
February 20

Mardi Gras
February 21



Love from your Loved One Here @ Windsor