

Calvin Connection

Spring 2018

A quarterly publication for friends of Calvin Community

Good Samaritan awards luncheon

Tuesday, June 12
Calvin West Dining Room

Call 277-6141 today
for reservations

Good Sam, a great cause

On June 12, two of Calvin's long time Beavertdale partners will be honored for their constant and decades long commitments to Calvin Community.

All proceeds from the luncheon will go to Calvin's Good Samaritan fund, which assures that no resident will ever be asked to leave because their financial resources are depleted.

Details for the luncheon and reservations can be made by calling the Activities Department. Cost for the lunch and the hour long program about Good Samaritans is \$25.

Good Sam, a Great Cause.

Kent T. Zimmerman
Calvin Community Foundation

54 Years of Commitment!

Calvin Community is 54 years young this summer, and we are excited about what the future has in store!

Our Mission is to provide a continuum of services including Independent Living, Assisted Living, Memory Care, Skilled Rehabilitation and Long-Term nursing care. We look forward to the completion of the expansion of our campus later this year, with the additional services and living options that will be available – a medical clinic, townhomes and apartments.

Our Promise is, and has always been, that no Calvin resident is ever asked to leave should their resources become exhausted.

Our Priority, as a faith-based, non-

profit senior living community, is to deliver individualized care to older adults with a team of dedicated, professional staff – focusing on serving our greater community.



Mark Teigland

Calvin Community's Good Samaritan fund was established to help us fulfill our promise that we will continue to take care of our residents, even when their health care needs increase and their financial means are exhausted. When you make a financial gift to our

Good Samaritan Fund, your contribution is available immediately to assist residents who are in need.

Thank you for your continued support!

Mark Teigland, President/CEO

Calvin Square opening soon



visit calvinsquare.com or call 515.327.0007 for details

From Chaplain Gundar Lamberts

Do you realize how special you are?

Like someone has said, God doesn't make junk. Every person is unique, created in the image of God.

"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made... (Psalm 139:13-140).

You are God's masterpiece. Isn't that amazing? It is good to affirm each person as created by God and loved by God.

Do you know that God loves you?

One of the first songs I learned in Sunday School was "Jesus loves me, this I know, for the Bible tells me so." Do you know this simple but profound song? John 3:16 says, "For God so loved the world, that he gave his one and only son..."

Recently we celebrated Good Friday and Easter, thinking about how much God loves us, that Jesus died on the cross for our sins.

It is has been said that you learn the value of something by how much someone is willing to pay for it. Jesus loved you so much that he paid the ultimate sacrifice for you. No one loves you more than Jesus.

I am excited to be chaplain at Calvin Community and to share God's love with everyone I meet.



Pastor Lamberts

New class: Meditation and Mindfulness

Please join us on the first and third Tuesdays of the month at 10:00 am in the second floor Chapel as our CFO Jamey Cox leads a meditation class.



Jamey Cox leads meditation

Residents, caregivers and families will discover firsthand the many benefits of yoga, meditation and mindfulness, and to experiment and find the techniques that work best for them.

Ashlee Downs, Calvin's Wellness Coordinator, says meditation is known to improve concentration and positive thinking, lower depression and irritability and enhance creativity. Meditation can improve immune function, normalizes blood pressure and slows aging. Many find it reduces anxiety and stress, promoting relaxation throughout the day.

Jamey's class is part of an 8-month program with Leading Age Iowa's Emerge Leadership Academy

Namka Husic



Namka Husic joined us as an LPN in Assisted Living in 2004 and served in the Health Center for 11 years before returning to Assisted Living last year.

Today, she serves as one of two Assisted Living Care Coordinators at Calvin Community.

Namka moved with her family from Bosnia to the United States in 1999. Her twin sister, Amra Husic, is an LPN in Assisted Living at Calvin, too.

She has two more sisters - one in Des Moines and another in Sweden. She'll travel in July to visit her parents in Bosnia; it's been more than four years since her last visit.

Namka has two children - a preschool boy and kindergarten girl.

which includes a project to benefit Calvin. Her project - "Yoga, Meditation and Mindfulness for Seniors and their Caregivers" - will be presented at the fall Leading Age Iowa conference.

Be sure to
visit our website
calvincommunity.org

We're also on Facebook!

Resident spotlight: Forrest and Marilyn McCleery

Forrest and Marilyn McCleery have been residents in Calvin Community's Assisted Living since November 2017.

Marilyn is from Southern Iowa, where she grew up learning home economics, sewing, etc from her mother. She came to Des Moines to find work after graduating high school. Marilyn worked at Central Life and American Family Insurance, working in an Administrative role; she was especially proficient in typing and shorthand.

Forrest was born in Winterset, Iowa and graduated from Woodside High School, now known as Saydel High School. After high school, Forrest was offered a job at the Des Moines Register, where he worked in the press room until he retired 48 years later.

Forrest and Marilyn met at a square dancing event. Forrest was without a dance partner, so a mutual friend introduced them. Little did they know they would have a dance partner for life.

Forrest was drafted to the Army

during the Korean War. He worked with the Air Force, building new runways, and opening up some that were used during World War II. Forrest ran large machinery, such as Caterpillars, while stationed in Texas and Georgia.

Forrest and Marilyn have kept themselves busy throughout their life. The McCleery's have two children, a son named Robert, and a daughter named Barbara. They



Forrest and Marilyn McCleery

have three grandchildren and four great-grandchildren, some of which live as close as Carroll, Iowa.

Marilyn's hobbies have included sewing and selling her crafts at local fairs. Forrest calls himself a bit

of a "neighborhood handyman"; he can fix just about any kind of small machines, such as lawn mowers, snow-blowers, refrigerators, or heating and cooling systems. Together they share an interest in listening to music, and attending live concerts. The McCleery's spent lots of time listening to music in Colby Park in the summertime, Sunday music at the Capitol, and enjoying some shows at Prairie Meadows. While their son tried to get them interested in jazz music, the McCleery's say that they prefer country western above all other genres of music.

Forrest and Marilyn chose to move to Calvin Community because of the Beavertdale location, they have been around the northwest part of Des Moines, and Beavertdale in particular, since 1962.

The McCleery's can often be seen sitting front row and enjoying the many music programs in the Main Lounge.

We are glad to call Forrest and Marilyn part of the Calvin family!

New role, familiar face: Activities assistant Jamie Spina

Our new Activities assistant is a familiar face.

Jamie Spina began volunteering at Calvin when she was 14 years old, socializing with residents on the back patio.

While in high school, Jamie worked in the Dietary Department, then later as a CNA in Assisted Living for five years.

She returned again as a CNA after completing a liberal arts degree in 2017.

On returning to Calvin she says, "Calvin is where I feel comfortable. I like the people who live here and work here. It's like a family."

Jamie has family in town, too - 3 brothers, 3 sisters, and 12 nieces and nephews.



Jamie Spina



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Ann's Activity Calendar

Please join us for spring events!

All events held in the Main Lounge unless otherwise stated...

Long Term Care Week is May 14–18

- Breakfast on Tuesday, May 15 7:00-9:00 am
- Employee Recognition Ceremony on Wednesday, May 16 at 2:00 pm
- "Sing with Mr. Zingg" and ice cream sundaes Thursday, May 17 at 2:00 pm

Dave's Little Big Band on Saturday, May 19 at 2:00 pm

Music by MerryMaker Julie Moss on Tuesday, May 22 at 2:00 pm

Have a meaningful **Memorial Day** on Monday, May 28

Open Communion service by Central Presbyterian Church on Sunday, June 3 at 2:00 pm

Social Drumming Monday, June 11th at 10:00 am in the Rec Room

Music by Unity Point Ensemble on Monday, June 18th at 6:45 pm in the Main Lounge

Happy Independence Day! Wednesday, July 4

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