

Calvin Connection

Winter 2015

A quarterly publication for friends of Calvin Community

There is never a “snow day” at Calvin Community!



Mark Teigland, President/CEO

There is one thing we can be sure of in Iowa – we will have our share of cold, difficult, snowy weather. We all do the best we can to prepare for the worst winter weather, but when it actually hits we just have to stiffen up and do what is necessary to get through it.

When these big snow events do occur, I am always mindful of our many dedicated staff persons at Calvin Community who make extra efforts to be at work so they can serve our residents who are relying on them.

Our many residents, enjoying the

comfort inside our walls, look forward to meals, services, care, and activities every day of the year no matter how strong the wind may be blowing, or how deep the snow drifts may be. It is not uncommon that some of our staff will work extra shifts, or spend the night, just to be sure that all of our residents’ needs are met.

It is my privilege on a day when winter weather is at its worst, to take the time to personally say thank you to as many of our staff persons as I can. It is the exemplary effort, demonstrated by our staff persons on the most challenging days, that makes Calvin Community a very special place, deserving to be called “home.”

The next time a big snow storm hits, please join me in saying “thank you” to the many staff persons who are at work on that day. There is no truer statement than “there is never a snow day at Calvin Community!”

Mark Teigland, President/CEO

Community Wellness classes

Calvin Community is offering a 10 week exercise program for seniors, focusing on increasing upper and lower body strength.

The classes will consist of mostly seated exercises with participants using hand weights. Approximately five minutes of standing exercises will be included.

Classes will be held in the rec room on Tuesdays and Thursdays from 11:00 AM-11:30 AM, beginning Tuesday, February 3, and ending Thursday, April 9.

The cost for the 10 week program is \$40.00, which includes lunch following each class. Each participant’s fitness level will be assessed at the beginning and end of the program.

Contact Ann Scallon at 633-2512 to sign up.

visit calvincommunity.org for our full calendar of events

New staff beautician

Meghan Nelson is very excited to be joining the Calvin family. Meghan is a graduate of the Aveda institute in West Des Moines and previously worked in an Aveda salon in Ankeny.



Meghan Nelson

Working in a facility like Calvin Community is something that has interested her since beauty school and she is overjoyed that she will be setting up shop here.

She has many skills including styling, coloring, cutting and eyebrow shaping. One of the things she is most excited about is building relationships and getting to know the residents.

When she isn't working, Meghan enjoys spending time with her family, watching movies and cuddling with her hairless dog, Winston.

Meghan will be working weekdays once her shop is open the first week in February.

Volunteer: Jan Fitzsimons

You could say it was a Divine inspiration that led Jan Fitzsimons to Calvin Community.

After being laid-off from her job at 58 years of age, she had a decision to make as to whether to pursue a full-time job or work part-time. After reading the Bible, she felt God was speaking to her through John 15:16, "You did not choose me, but I chose you and appointed you so that you might go and bear fruit – fruit that will last – and so that whatever you ask in my name the Father will give you. This is my command: Love each other." She felt the need to focus, at this time in life, on family, community and church instead of seeking a full-time job.

Jan lives just a few blocks from Calvin, and as she was driving by Calvin one day she was impressed to consider Calvin as the community she was to "love!" She investigated a volunteer opportunity here and came prepared with a plan to become acquainted with a resident through reading and discussion of literature. Volunteer Coordinator, Deb Bodson, matched her up with resident Rosalind Engel.

One hour a day, one day a week, Rosalind and Jan became acquainted through reading and discussion of the Norman Rockwell pictorial history, "The Faith of America," by Fred Bauer.

Conversations and questions built around the text and Rosalind's marvelous stories and memories brought mutual appreciation, respect, friendship and a bit of whimsy. Though the book was only the beginning and is now set aside, Jan and Rosalind continue to apply their hearts, hands and minds to bring encouragement to each other and others at Calvin.

One hour a week often floats into another as their visits become relaxed updates on life and the prospects of another day to "love one another" at Calvin!

Jan, also, works part-time as the Coordinator for Everybody Wins! IA, a reading and mentoring program, at Windsor Heights Elementary. When she isn't working or volunteering, Jan enjoys spending time with her husband, Jerry, 5 adult children and 4 grandchildren.



Rosalind Engel & Jan Fitzsimons

Residents: Lois and Dick Wheeler

Lois and Dick Wheeler met on a blind date during college, went on 8 dates and became engaged during WWII.

Their love story continues on at Calvin Community where

to include 11 grandchildren and 8 great-grandchildren with 2 more on the way!

Lois and Dick have always enjoyed a variety of activities, which is one of the things they

enjoy most about living at Calvin. In their younger years the couple was involved in sailing, swimming and dancing. Lois also enjoyed poetry while Dick's interests included woodcarving, pencil sketching, and writing.

The pair can be spotted together at Calvin doing a variety of activities including daily exercise class, walking the outdoor path or attending a music program. Even with Lois's decreased eyesight they continue to share their love of reading as Dick reads daily to Lois.

The Wheelers stated, "We enjoy keeping busy at Calvin, and we appreciate how very thoughtful the staff is."



Lois & Dick Wheeler

they have lived since 2005 and celebrated their 67th wedding anniversary in June.

Dr. Richard Wheeler worked as an anesthesiologist at Methodist hospital in Des Moines for 31 years. He also served as a medic in WWII and the Korean conflict. Lois worked as a teacher in Waukee after college and then stayed home to raise the couple's four children. Once the children were older she returned to teach math at the Waukee Jr. and High Schools and later worked at the International P.E.O. office in Des Moines.

Their four children include Cynthia, Michael and twins Judith and Janet. The family has grown



THANK YOU! A big thank you to the men of the Urbandale American Legion Post 663. They continued their tradition of delivering fruit baskets to all Calvin Community veterans at Christmas time.



4210 Hickman Road
Des Moines, IA 50310-3395

NONPROFIT
ORG.
U.S. POSTAGE
PAID
DES MOINES, IA
PERMIT No. 707

Ann's Activity Calendar

Join us soon!

Betty Mahaffey Piano Music – Wednesday, February 4 @ 3:30 PM in the Main Lounge

Grandview Art Therapy Program – Residents and Art Therapy students learn from each other. Class taught by Roberta Victor. The group meets Saturday mornings at 10:00 AM in the Rec Room starting on February 7

more events listed at calvincommunity.org

Don't miss the Chocolate Affair on Feb. 12

What could be better than an afternoon eating chocolate? An afternoon eating chocolate and listening to the crooning of MerryMaker Max Wellman that's what! Join us for our annual **Chocolate Affair** on Thursday, February 12 at 2:00 PM in the Main Lounge. Our wonderful dietary department will be providing a wide assortment of all things chocolate while the talented Mr. Wellman serenades. Join us for this fun event!

