

Fall Fun at Calvin Community!

Oct. 13 - Enjoy a game of virtual bowling. Nintendo Wii, 1:30 p.m. Main Lounge

Oct. 26 - New Resident Reception, 2 p.m. Main Lounge

Oct. 13 & Nov. 10 - Alzheimer's Association Family Caregiver Class, 7 p.m. Main Lounge

Nov. 14 - Urbandale Swing Band, 2 p.m. Main Lounge

Oct. 17 - President's Dinner, 6 p.m. Main Lounge

Nov. 18 - West Des Moines Community Band, 2 p.m. Main Lounge

Oct. 18 - MerryMaker Julie Moss, 2 p.m. Main Lounge

Save the Date

Thursday, Dec. 10

6:30 p.m. - 8:30 p.m.
Annual Calvin Community Christmas Party

Sunday, Dec. 13

2 p.m. - 3:30 p.m.
Health Center & AllI Christmas Open House

visit www.calvincommunity.org for more fall events

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Calvin Connection

Fall 2009

A quarterly publication for friends of Calvin Community

Learn Something New Every Day

Calvin programs keep residents, community well-educated

"Learning is purely for the joy of learning," states the Des Moines Senior College. Residents at Calvin Community couldn't agree more.

Calvin has partnered with the Senior College since 2006 to bring educational classes to its residents and surrounding community.

The Senior College is a not-for-profit program that offers adults 50 and over the opportunity to study a variety of topics. Calvin is a class site each semester and this fall will be a location site

for, "Get to Know Your Asian Neighbors." To learn more about the programs offered at Des Moines Senior College, call 515-244-0631 or visit www.myseniorcollege.com.

Learning opportunities don't stop there for residents, this past year volunteer and retired school teacher Dick Hudson led a series of classes covering topics from WWI through present time. He also led a special discussion group about the Great Depression that was featured in the *Des Moines Register* this past winter.

Continued inside



Vinh Nguyen presents to Calvin residents during a Senior College class.

The President's Society

Recently, The President's Society at Calvin Community was established by the Calvin Community Foundation to recognize and honor those individuals who have shown outstanding generosity in their financial support of Calvin. Membership in The Presidents' Society occurs when a gift or gifts totaling \$1,000 or more are made to Calvin during its fiscal year, May 1, 2008 through April 30, 2009.

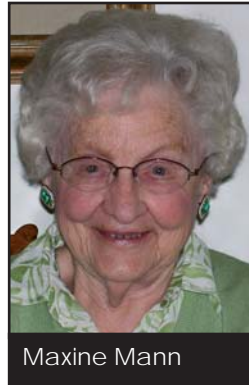
An individual makes a statement by joining The Presidents' Society. They are assisting Calvin in its mission of providing services designed to meet the physical, social, spiritual and psychological needs of its residents, while contributing to their health, security, and happiness.

In August sixteen members and their guests were invited to the first gathering of the Presidents' Society. A dinner was held where to recognize members for their dedication and service to Calvin Community.

On behalf of the residents of Calvin, heartfelt thanks are once again extended to the members of The Presidents' Society.

Resident Maxine Mann

Maxine Mann has always been an active person and has continued that lifestyle since moving into Calvin last October. She states, "There is so much to do here, you can't possibly do it all!"



Maxine Mann

Maxine decided she needed something to do. She started working at the Iowa House of Representatives in 1970. She was appointed assistant legal counsel, which meant that no bill or amendment could be debated in the Iowa House of Representatives unless it bore her initials. She retired in 1998.

Maxine has always moved at a fast pace. Born in Hardin County on the family farm, she came to Des Moines to further her education at AIB immediately after graduating from New Providence High School. She worked for an accounting firm in Des Moines for 10 years. Maxine and her husband Carroll had two daughters and she stayed home to raise them.

She continues to stay busy playing bridge, working on the computer, and being an active member of Holy Trinity Church. She is very happy with choosing Calvin as her new home and says, "All the residents and staff are so friendly. Everyone knows your name and is always there to be of help."

When the girls went to college,

Calvin Education Programs

Continued from front

Calvin Community uses the expertise of professionals from the community and within its walls to enlighten residents. In September, Dr. Frank Butera presented "Don't let Osteoarthritis become a pain" and, Dr. Shannon White and Dr. Ryan Kramer presented their program, "How to Stay Young Your 1st 100 Years." Staff members offer monthly health classes, one on one computer sessions, and other special presentations.

In July, 2008 Calvin hosted re-

tired ISU basketball coach Johnny Orr and leading Alzheimer's physician Dr. Robert Bender for a presentation about Alzheimer's Disease.

This October and November, Calvin will partner with The Alzheimer's Association to present a class for families dealing with a family member going through the disease. These classes are open to the public; if you are interested in attending, please [contact Ann Scallon at 515-633-2512](mailto:Ann.Scallon@calvincommunity.org).

Hymn Zingg



Dean Zingg

Calvin has been blessed with another wonderful volunteer. Dean Zingg joined Calvin this spring leading the monthly Hymn Sing.

Zingg worked in insurance most of his life, but music has always been his passion. He received his first guitar at the age of ten and has been involved in many choirs throughout his life.

Currently he is the music director at Park Avenue Presbyterian. "Music is so much a part of me. I love being with people who want to sing and seeing the residents participate." Dean is married to his wife of 20 years, Cindy, and has three children, three step-children and seven grandchildren.

The President and C.E.O. of Calvin Community, Eldred Kingery & Mrs. Charla Kingery would like you to join them for

The President's Dinner

Saturday, Oct. 17, 2009
Hors D'oeuvres: 5 p.m.
Dinner: 6 p.m.
Dessert/Entertainment: 7 p.m.

All proceeds benefit Calvin's Good Samaritan Fund. For additional details contact Ann Scallon at 515-633-2512

Health Center Housekeeping

The full-time Health Center Housekeeping staff at Calvin are friends and co-workers. Phyllis Krieman, Pat Peterson, Leroy Swalve and Kimeta Domazet have worked at Calvin for a combined 42 years.

Some started in different areas, but for the last six years they

have worked side by side in the Health Center. It's evident by watching them work they like being around each other and the residents. They not only keep the Health Center clean and safe; they also brighten the residents' lives. As Pat states, "Everyone is like family."



Housekeeping staff (L to R) Kimeta Domazet, Pat Peterson, Phyllis Krieman and Leroy Swalve (front).

Health Tip

The Facts About H1N1 Flu From the Iowa Department of Public Health

What is novel H1N1 flu?

The novel influenza A (H1N1) virus is a unique, never seen before strain of influenza virus. It is currently circulating in the U.S. and other parts of the world.

What are the symptoms of novel flu?

As with seasonal flu people can have a fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also experience diarrhea and vomiting.

How does novel H1N1 flu spread?

- From person to person the same as seasonal flu.
- Flu viruses are spread by a person coughing or sneezing on or near another person.
- Sometimes people can become infected by touching something with flu viruses on it (such as a door knob) with their hand and then touching

their mouth or nose. This is one reason why handwashing is so important.

What should I do if I become sick with novel H1N1 flu?

- Stay home and keep away from others as much as possible. You should stay away from others until at least 24 hours after your fever is gone.
- If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care.

How can I protect myself and my loved ones against novel H1N1 flu?

- Clean – clean your hands with soap and water, or use hand sanitizing gel when water is not available.
- Cover – cover your coughs and sneezes with your sleeve or elbow.
- Confine – confine yourself to

your home when ill. Don't go to school, work, shopping or other outside activities while you are sick.

Is there a vaccine for novel H1N1 flu?

- A vaccine is being developed and tested. It is hoped the vaccine will be available in mid-to-late fall.
- In the meantime, all Iowans are urged to get their seasonal influenza vaccine, follow good hygiene practices and follow recommendations for receiving the novel H1N1 flu vaccine when it becomes available.

Calvin Community is taking all appropriate steps to prevent the spread of flu. Visitors can help – please remember that if you have or have recently had a fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills or fatigue, do not visit until your health is improved.