

## Join us for these Spring events at Calvin

**March 26** - Des Moines Senior Singers, 2 p.m. Main Lounge

with Dick Hudson, 6:30 p.m. Main Lounge

Make-up done by Mary Kay consultant.

**March 28** - Grand View University Art Therapy. Expand your creativity and learn how to use art as a for of therapy, 10 a.m. Rec Room

**April 14** - Nintendo Wii, 1:30 p.m. Main Lounge

**April 14** - Rice Monroe Chorus, 10 a.m. Main Lounge

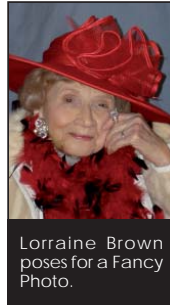
**April 23** - Brad Roth guitar music, 10 a.m. Main Lounge

**March 31** - Bill Miller shares photos and stories from his Habitat for Humanity Experience, 2 p.m. Main Lounge

**April 16** - You are 'souper' volunteer luncheon, 11:30 a.m. - 1 p.m. Rec Room

**April 20 & 21** - Fancy Photos! All day event, dress up in fancy clothes, jewelry and hats.

**April 26** - Women's Spring Tea hosted by Heartland Circle, 2 p.m. Main Lounge



Lorraine Brown poses for a Fancy Photo.

**April 7 & 14** - History Class

4210 Hickman Road  
Des Moines, IA 50310-3395



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# Calvin Connection

Spring 2009

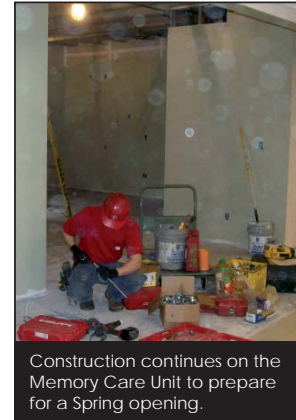
A quarterly publication for friends of Calvin Community

## Memory Care Unit in progress *New living area to open in Spring*

Calvin Community will soon have another exciting program to add to our continuum of living arrangements.

Memory Care Unit is scheduled to open this Spring. The unit will provide a special place for individuals with Alzheimer's disease and other related memory disorders.

A 14-room Assisted Living



Construction continues on the Memory Care Unit to prepare for a Spring opening.

The Memory Care Unit will include:

- Private rooms with bath including a shower, emergency call lights, basic television and phone service.
- Three meals a day, full-service laundry and weekly housekeeping.
- Secured doors and an enclosed garden to prevent wandering.
- Variety of specialized activities.

### Profiles

## Teigland Joins Calvin



Mark Teigland

Mark Teigland joined Calvin Community in September as Health Services Administrator. His management role includes both the health center and assisting living areas.

Mark's career in long term care began in 1987 as Administrator at Bethany Manor in Story City, IA. Just prior to joining the Calvin team, he served as Executive Director at Wesley Park Centre, the Newton, IA. campus of Wesley Retirement Services.

Mark has his undergraduate degree from Iowa State University, a nursing home administrator specialist certificate from Des Moines Area Community College and a law degree from Drake University.

Mark and his wife, Patrice, live in Urbandale. Patrice is a fourth-grade teacher and has taught school for 29 years. (cont. pg 2)

## Memory Care Unit Open House

Calvin Community will host a Memory Care Unit Open House this Spring

Watch for updates on our Web site  
[www.calvincommunity.org](http://www.calvincommunity.org)

For additional information call 515-277-6141

## Hot Pink Grannies Fundraiser Basketball Game

The State Employees Health and Recreation Committee (SE-HARC) Hot Pink Grannies, will play a fundraiser basketball game at First Church of the Open Bible on Saturday, March 28 at 1:30 p.m.

The game is a 1920's style three court game with proceeds benefiting the Calvin Community Good Samaritan Fund.

Since its inception in 1965, the Good Samaritan Fund has assisted residents who, despite financial planning, outlive their resources.



The Hot Pink Grannies will play to raise funds for the Calvin Community Good Samaritan Fund.

## Visit us online

For additional information about Calvin Community, please visit us online at [calvincommunity.org](http://calvincommunity.org).

View our online tour, photos, calendar of events and more.

Calvin also offers a checklist for anyone to use when they are looking for a retirement community or nursing facility for themselves or a loved one.

You can download this resource now by visiting [calvincommunity.org](http://calvincommunity.org)

### Profiles

## Volunteer: Novelyn Lawson



Novelyn received a certificate of appreciation for her years of service as a volunteer.

Novelyn Lawson, known to her many friends and acquaintances as "Noddy," has a long standing association with Calvin Community.

She initially began volunteer service to our residents through her church. For many years

she was also a frequent visitor and helpmate to a friend and coworker who resided in the Health Care Center.

Noddy served as an active volunteer from the 1970's through 2008. She served faithfully and graciously as a hostess at the monthly Health Center Birthday Reception, as a church representative to the Calvin Community Auxiliary, and volunteered at countless special events.

She has informed and inspired many others to volunteer and support Calvin Community.

We owe a debt of gratitude, love and respect to our friend and volunteer Novelyn Lawson.

### Profiles

## Teigland Joins Calvin (cont. from front)

They have two grown and married children, and four grandchildren.

When not working, Mark and Patrice look forward to church events and time with their grandchildren. They also enjoy home landscaping projects, and most mornings are out the door early for a run.

Mark is thrilled to have joined Calvin Community. He has

known of Calvin's excellent reputation for providing quality, Christian care over the years. He looks forward to getting to know everyone better and contributing to Calvin's future success.

Mark notes, "At the end of the day, if I have made a positive difference in the life of one of our residents or staff persons, then it has been a good day!"

### Health Tip

## True or False: Aging Facts

*Courtesy of MayoClinic.com*

1. As you get older you should reduce the amount of exercise you do each week.

(False: Exercising every day or almost every day can significantly reduce your risk of health issues. It can also cut your risk of depression, osteoarthritis and broken bones.)

2. As you get older, your body requires less sleep.

(False: Your need for sleep remains fairly constant throughout most of your adult life — most adults need seven to nine hours of sleep.)

3. Volunteering in your community is just as good for you as it is for the people you're helping.

(True: Volunteering keeps you connected to your community and gives you a sense of purpose. Studies of older adults re-

veal those who willingly give to others are healthier, better adjusted and less lonely than those who don't.)

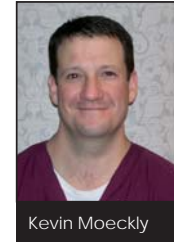
4. Napping during the day is a sure sign of declining health and should be avoided.

(False: Getting enough sleep is important to staying healthy. As you get older you may find you sleep less soundly. For that reason, you may find yourself drowsier during the day. A quick power nap can be a good way to refresh yourself.)

5. Whether you end up sickly or healthy in your later years is determined by your genes.

(False: Your genes affect only about one-quarter to one-third of the aging process. The rest of the effects of aging can be traced to your lifestyle, environment and chance.)

## Promotion: Kevin Moeckly



Kevin Moeckly has recently been promoted to Health Center Director of Nursing (D.O.N.) at Calvin Community. Kevin has been with Calvin since

August 2004. His work in long-term care started in 1992 as a Certified Nursing Aid.

Along with his professionalism and knowledge, Kevin has brought his positive attitude to Calvin. Many probably know his motto "Everyday is a great day at Calvin Community."

"I am in this line of work because I want to make a difference in the residents' quality of life. The people I work with are important and I want all staff to feel like they are part of a team," said Kevin.

Kevin is always smiling and quick to make a joke. He probably gets all that energy from his daily exercise routine which he does on his lunch break at Calvin. Kevin is a native of Iowa, growing up on a small dairy farm in Polk City.

He currently lives in Urbandale with his wife Nadia and their children, Benito (7) and Madeline (3). His goal as D.O.N. is to "Continue keeping Calvin Community known as one of the best nursing homes in Iowa."