

## Drake Students Participate in Service Learning

For several years Calvin Community has been a service learning site for students in the Drake College of Pharmacy and Health Sciences.

The Pharmacy curriculum requires a 20 hour geriatric volunteer experience during one semester for each student. Students integrate professionalism, caring, empathy, and communication skills specific to the elderly population during this experience.

All students are introduced to residents in order to develop meaningful relationships. This service learning provides an opportunity to learn about the rewards and losses of aging and the special needs of

the elderly. This has been a wonderful opportunity for Calvin Community residents to make new friends, share life histories and receive special one on one attention.

Students also provide support to residents in a variety of activities and have annually provided the manpower to make it possible for many residents to attend the Beaverdale Fall Fest Parade. We are pleased to be a



Drake student and Calvin residents attend the Beaverdale Fall Fest Parade.

mentor in this program and look forward to a continued association with the Drake students!

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# Calvin Connection

Spring 2010

A quarterly publication for friends of Calvin Community

## Lowest Rate Increase in Several Years

The Calvin Board of Directors recently adopted a two percent (2%) across-the-board increase on rates at Calvin Community for the coming fiscal year. This will be the smallest increase enacted in several years. The board and staff have been working very hard at holding down expenses to prepare for this day. The national economy has not been "our friend" with a continual decrease in funding for Medicaid and Medicare and yet a continual increase in regulatory requirements which most often increase expenses.

The Board of Directors once again recognized the importance of maintaining great employees here at Calvin. In a time when some companies are reducing their workforce and/or giving zero percent wage increases, the Calvin board insisted we implement at least a one percent (1%) increase in wages. In addition to the wage increase, Calvin Community will also be reducing the cost of employee meals to one dollar to help employees with their living expenses.

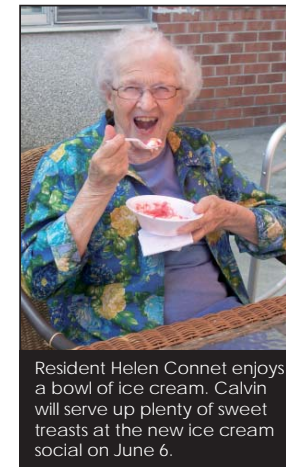
## Ice Cream Social June 6 *Same great location, new tasty event*

Each year when we are working on the next year's budget we look "under all the rocks" to consider ways of reducing our expenses for operating Calvin Retirement Community.

This year we have decided to replace our annual picnic that has been in place for many years. Even though the savings are small in comparison to the entire budget, it is one place to cut some expense. The Calvin Board of Directors and the staff at Calvin are very mindful of

who pays the bills. We want to do everything reasonable that we can to reduce the expenses to keep any rate increase that may need to be implemented at a minimum.

Instead of a picnic, we will be having an ice cream social and we hope all the same great friends and family members who attend the picnic every year will be able to attend the social. It will be a great event for all to share with the residents of Calvin Community.



Resident Helen Connet enjoys a bowl of ice cream. Calvin will serve up plenty of sweet treats at the new ice cream social on June 6.

## Updated Web site

Be sure to check out:

[www.calvincommunity.org](http://www.calvincommunity.org)

We are updating the site and adding new features. We are collecting e-mail addresses of all friends and family of Calvin. Help us by sending your e-mail address to [info@calvincommunity.org](mailto:info@calvincommunity.org) or by calling Ann Scallon at 515-633-2512. Be sure to let us know how you are connected with Calvin (for example if you have a family member living here). Thank you in advance for help!

## New, 10-Week Senior Exercise Program

This Spring, Calvin Community will be starting a 10-week community exercise program for active, motivated seniors. Classes will consist of using hand weights to increase upper and lower body strength.

Calvin Wellness Coordinator,

Kendra Lerdal, will be leading the classes. She will assess each participant's fitness level at the beginning and end of the program.

Classes will be held on Tuesdays and Thursdays starting April 20 and will be

held in the Calvin Recreation Room. Each class is 30 minutes long. The 10-week class cost \$40 and includes lunch after each session.

This class is open to all active seniors. Please call Ann Scallon at 633-2512 if you are interested!

## You Are "Souper" Luncheon Event Recognizes Volunteers

The Annual You Are "Souper" Luncheon celebrating volunteerism will be held on Thursday, April 15, 2010.

A delicious variety of soups and sandwiches will be served in the Recreation Room from 11:30 a.m.-1 p.m..

Those who have supported Calvin Community as a volunteer in any capacity are invited and encouraged to attend. No

reservations are necessary.

Many volunteers with a variety of gifts and talents are scheduled on a regular basis or lend a hand as needed. Many serve on the Board of Directors, Foundation or are members of the Calvin Community Auxiliary.

Every volunteer makes a difference. We hope to see all of you at this special "thank you" event!

## Calvin Fitness Challenge



Duncan Mcleod

This winter 22 employees took part in a 12-week weight loss competition. Each week participants weighed in and were

given tips to encourage healthy eating.

Kendra Lerdal, Calvin Wellness Coordinator and Michelle Bryngelson, Activity Assistant, facilitated the program.

The winner was determined by the percentage of body weight lost.

The winner was Duncan Mcleod, Health Center Unit Clerk; he lost 11.2% of his body weight. Second place was Megan Parrott, Health Center Nursing Aide.

Duncan and Megan were awarded paid vacation hours.



Volunteers enjoy their meal at last year's "Souper Luncheon".

### Profiles

## Resident Florence Erickson

Florence Erickson spent much of her life in Des Moines. She was born here, graduated from North High and worked many years as a billing clerk in Des Moines. If it wasn't for a chance trip to Cambridge, Iowa she probably would have lived her entire life here.



Florence Erickson

where her sister Agnes lived. She says she wanted to live at Calvin because "They had good food!"

She first moved into an Assisted Living Garden Court apartment which she loved. For the past three years she has

resided in the Health Center where another sister, Kathryn, also lives.

She misses her independence, but she says, "I have everything I need here. My cooking, laundry and housekeeping is taken care of and I don't have to worry about a thing." Florence is also an animal lover and really enjoys the pet visits at Calvin.

On a day trip to Cambridge with a girlfriend, she met her future husband, Irwin, and that was the beginning of a wonderful 30 year marriage and life in the small town.

After her husband passed away, she moved back to Des Moines in 2003 to Calvin Community

*"This is paradise, heaven can wait"* - Calvin resident in the dining room

## Program to Recognize Long-time Employees

When you work at Calvin Community, the residents become family and friends and it's hard to leave. You can see evidence of this at the Employee Recognition Day on May 12.

Each year employees who have reached a certain milestone of years employed are honored.

Evelyn Holmes in the nursing department will be honored for 40 years!

Close behind are Deb Bodson and Ann Scallon in the Activity Department for 35 years. Pam Carberry the dietary supervisor is honored for 30 years, Vickie Wagner- Human Resources Manager for 25 years, and Mahboob Pathamed aid in the Health Center for 15 years.

There will also be 14 employees honored for 5 years of service and they are Zehida Beganovic,

### Ann's Activity Calendar

**Alzheimer's Disease & Dementia Group:** 2nd Tuesday of each month, 7 p.m. in the Rec Room

**You Are "Souper" Volunteer Luncheon:** Thursday, April 15, 11:30 a.m.-1:30 p.m. Rec Room

**Des Moines Senior Singers:** Wednesday, April 22, 2 p.m. Main Lounge

**MerryMaker Janey Hooper:** Sunday, May 23, 2:30 p.m. Main Lounge

**Family Day Ice Cream Social:** Sunday, June 6

Visit [calvincommunity.org](http://calvincommunity.org) for more information on daily activities and events.

Valerija Bodiroga, Michelle Bryngelson, Mary Broughton, Maurice Dyer, Barbara Graham, Betty Hamilton, Namka Husic, Eldred Kingery, Kevin Moeckly, Christine Rothlauf, Judy Smith, Stojan Veletic, and Kathleen Wonders.

Vickie Wagner will present a program on May 12 to honor this special group of employees at Calvin Community.