

Join us for these Summer events at Calvin

May 27 - Westkirk Children's Program, 6:45 p.m. Main Lounge

June 11 - MerryMakers vocalist Kim Eames, 2:00 p.m. Main Lounge

July 28th - MerryMakers "Bare-foot Becky" Polka music, 1:30 p.m. Main Lounge

June 6 - Ann Canady Piano Recital, 2:00 p.m. Main Lounge

June 16 - Westkirk children's talent show, 2:00 p.m. Main Lounge

June 7 - Annual Calvin Family Picnic, 11:30-1:30 p.m. South Lawn, rain or shine! No cost. Free-will offering available to benefit Good Samaritan Fund

July 14 - "Music on a Summer Night," Greater Des Moines Community Band & ice cream, 7:00 p.m. South Lawn, No cost, but free-will donation will be accepted to benefit Good Samaritan Fund

June 8 - Bus trip - Westside estate houses, 1:30 p.m.



Don't miss the Calvin Family Picnic June 7!

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Calvin Connection

Summer 2009

A quarterly publication for friends of Calvin Community

Therapy Services offered at Calvin

Calvin Community provides complete care for its residents. One of the many services offered is rehab therapy. For more than seven years Millennium Therapy has worked independently with Calvin Community offering physical, occupational and speech therapy.

Physical therapist Joel Kennedy has worked in the field for 11 years and has worked at Calvin Community for six years. Joel gave us some insight to the services Millennium Therapy offers to Calvin residents.

The therapists work with residents to improve physical capabilities through various exercise and conditioning.

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Joel Kennedy and Don Hayes, Physical Therapists and Stacy Young, Occupational Therapist

You're Invited...

Calvin Community Family Picnic

**Sunday, June 7, 2009
11:30 a.m. - 1:30 p.m.**

Rain or shine!
Entertainment by
The Fat Cat!

Free-will offering to
benefit The Good
Samaritan Fund.

"Music On A Summer Night"

Greater Des Moines
Community Band
Concert

South Lawn
Tuesday, July 14
7 p.m.



The Boccella Family enjoying Calvin's annual Family Picnic

“Our main goal is to improve the quality of life for our patients,” said Joel, “We do what we can to maximize independence.”

A typical day for Joel consists of spending half a day at Calvin working with residents in various levels of care. He spends the other half of the day working in patient homes.

Joel is a big fan of Calvin Community and the Beaverdale neighborhood. He appreciates the sense of community and family the area provides. “Within 15 minutes of entering Calvin, you realize that the staff and the residents make it so special,” said Joel.

Profiles

Volunteer: Brian Cooney



Brian Cooney,
Volunteer

Brian Cooney began visiting a resident at Calvin Community almost two years ago.

His friend has since passed on, but Brian wanted to continue to help out at Calvin, and became a volunteer with the Calvin Men’s Group.

He also is the owner of Cooney’s Tavern in Beaverdale.

The group of 12-18 men meet on the first Monday of the month

and participate in activities or listen to guest speakers.

Brian has coordinated a Des Moines policeman and an antique baseball memorabilia collector as speakers for the group.

Their May 4 meeting was a visit to an auto collector whose collection included cars from 1911 to present.

Brian likes meeting people of all different backgrounds.

“Everyone comes from some place different, has worked somewhere different, knows different things,” said Brian, “I really enjoy helping out.”

Resident: Helen Connet



Helen Connet

Helen Connet lived in Middlesex, N.J. most of her life and didn’t move to Iowa until 1995 to be closer to her

son Bill and his family.

In March 2007 she moved into Calvin’s Independent Apartments. She says living in Iowa really isn’t that much different than New Jersey and reminds us that Jersey is the “Garden State.”

While living in New Jersey, Helen worked as a switchboard operator and receptionist after raising Bill and her daughter Jane. After retiring from the workforce, she volunteered at a N.J. hospital and then Bishop Drumm Retirement Home, Hospice and Holy Trinity Church in Des Moines.

She credits her volunteering and love of Bridge to helping her meet new friends when she moved. Some of Helen’s other hobbies include watching all sports especially the Chicago Cubs, New York Giants and the New York Jets.

She loves to do watercolors and paints cards to send to friends. Helen also loves to garden and has a great view of Calvin’s courtyard from her patio.

She is very happy to be at Calvin and finds it a great comfort that it has all levels of care. She found out just how important that was after a hip replacement last year when she spent time in the Health Center on Skilled Care.

Of the care she received during her recovery she states, “It was just exceptional.” she said, “Everyone is so friendly and helpful. It’s a pleasure to be here!”

Health Tip

Drink up!

Courtesy of AllAboutWater.org

It’s important during the summer months to stay hydrated by drinking plenty of water. Below are some fun facts about water and some good reasons to drink up!

1. Roughly 70 percent of an adult’s body is made up of water.

2. By the time a person feels thirsty, the body has lost over 1 percent of its total water amount.

3. Water leads to increased energy levels. The most common cause of daytime fatigue is actually mild dehydration.

4. Drinking adequate amounts of water can decrease the risk of certain types of cancers, including colon cancer, bladder cancer, and breast cancer.

5. Water is the primary mode of transportation for all nutrients in the body and is essential for proper circulation.

6. For a majority of sufferers, drinking water can significantly reduce joint and/or back pain.

7. Water leads to overall greater health by flushing out wastes and bacteria that can cause disease.

Profiles

Employee: Scott Burkeybile



Scott Burkeybile,
MDS Coordinator

Scott has been a faithful employee of Calvin Community for more than 7 years.

He started at Calvin as a charge nurse

on the 2-10 shift, then moved to Infection Control Nurse, and for the last 3 years has been serving as MDS Coordinator.

As an MDS Coordinator , Scott

is responsible for resident assessments required by the State of Iowa.

He also writes the plan of care for each Health Care resident and meets with family on a quarterly basis to discuss those care plans.

Scott is in charge of staying current with documentation in the ever-changing world of health care guidelines. He is a certified RAC-CT, Resident Assessment Coordinator.

Scott is from Princeton, Missouri and moved to Des Moines in 2001.

He currently lives in Beaverdale with his two Siamese cats, Sierra & Sabrina. His hobbies include watching movies, reading, furniture restoration and antique shopping.

“Of all the nursing facilities I have worked at, Calvin is #1 in resident care,” said Scott, “I am very proud to say I am an employee of Calvin.”

Visit us online

For additional information about Calvin Community, please visit us online at 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.