

Upcoming Winter Events at Calvin

January 23 - Grand View Art Therapy, 10 a.m. in the Rec Room.

January 27 - MerryMaker Bare-foot Becky plays Polka music at 10 a.m. in the Main Lounge.

February 4 - Read to Me, 10 a.m. in the Rec Room. Local third graders will read to residents.

February 22 - Keeping it Country, 7 p.m. in the Rec Room, Country line dancing & square dancing,



Mark Teigland, Kim Zuck, Pam Carberry and Vicki Wagner serenade residents at the annual Talent/No Talent show held in December.

visit us at www.calvincommunity.org or call 515.277.6141

4210 Hickman Road
Des Moines, IA 50310-3395



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Calvin Connection

Winter 2009

A quarterly publication for friends of Calvin Community

Profiles

Crafty Resident

Calvin Community has many interesting and talented residents within its walls, one of them being Sam Eckerman.

Sam has been a craftsman most of his life either professionally or as a hobby. His skills have included watch repair, making dental prosthetics, woodcarving and most recently, building ships in a bottle.

He said he started making the impressive ships 20 years ago when he ran out of places to put his woodcarvings. Today he estimates the ships take between 12-15 hours to complete and so far, he's completed 366.

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Resident Sam Eckerman and one of his popular ships-in-a-bottle. The above is one of 366 completed by Sam over the past 20 years.



Eldred Kingery, president and CEO of Calvin Community shows off Calvin's donation to Food Bank of Iowa. The donations were part of Calvin's 'Job Appreciation' event to help those less fortunate who have lost their jobs and may be struggling to provide for themselves and their families.

New Alzheimer's Discussion Group

Calvin Community will sponsor a new Alzheimer's discussion and support group. The group meeting will be facilitated by William L. Miller LISW, Calvin's director of social services. Mr. Miller has been director of social services at Calvin Community for 17 years.



Bill Miller

lowing meetings on the second Tuesday of each month. Meetings will begin at 7 p.m. and end between 8:15 p.m. to 8:30 p.m.

During the first 30 to 40 minutes of each meeting Mr. Miller will present educational information

related to Alzheimer's disease and related topics.

The meetings will be held once a month in the Calvin Community Library. The first meeting is scheduled for Jan. 12 with fol-

If you are interested in attending our meetings contact Bill Miller at 633-2511.

Employees do Loads of Work

Having to do a few loads of laundry at home can seem like a hassle, but can you imagine doing 10,000 pounds of laundry a week? That is the average amount done at Calvin by workers Vonda Rohrer, Dawn Banda, and Lorena Rios. These three women are constantly on the move from the moment they get here at 6 a.m.



Lorena Rios, Vonda Rohrer and Dawn Banda

Vonda says, "Everyday is different and presents new challenges which I enjoy."

Vonda has been working in the department for more than five years and both Lorena and Dawn for three years. All agree that the best part of the job is working with the people and getting to know the residents.

Sam's Ships

continued from front

Sam graciously donates ships to Calvin Community for Bingo games and as prizes for employee functions. His ships are highly coveted prizes.

Sam has lived at Calvin since 2005. He and his deceased wife Grace have one daughter, Holly, who lives in Urbandale. He also has been blessed with a grandson and most recently a seven-month-old great-granddaughter.

Sam enjoys living at Calvin and describes it as "a neat place to live." Calvin Community certainly feels lucky to have a talented resident like Sam.

Winter Health Tip: Ways to stay happy and healthy during the cold months

Do something active. It's hard to stay motivated in the coldest months, but doing something active each day will keep your muscles alert and your brain active. Try playing some Wii in the main lobby!

Get some sun. Even though going outside may not be a pleasant possibility, sitting near a sunny window can help boost your mood and prevent Seasonal Affective Disorder (SAD).

Eat your veggies. The holidays always bring lots of rich foods, so make sure to keep your diet

balanced with plenty of fruits and vegetables. A healthy diet helps keep your body regulated through cold temperatures. Soups and stews also keep you warm.

Keep in touch. Writing a letter or email to a friend or family member will keep your brain active. Doing a puzzle or crossword can also increase brain activity.

Wash your hands. Hand washing is the best way to prevent illnesses like colds and flu. Soapy hands prevent runny noses!

Winter Word Search

S S F L O C D A N E
 Q T A I E D G A L K
 S E O W G V M A Y A
 N K C Z I W O C K L
 E C O C O N S H M F
 T A C N O C T N S W
 T J S E A L Q E P O
 I P C R Y H D D R N
 M I F Y I Q Y C H S
 S L E D S T O O B K

- | | |
|------------|------------|
| 1. Snowman | 7. Ice |
| 2. Snow | 8. Scarf |
| 3. Winter | 9. Cocoa |
| 4. Sled | 10. Boots |
| 5. Mittens | 11. Cold |
| 6. Jackets | 12. Shovel |

Volunteers Enrich Residents' Lives with Music

What do these people have in common? Betty Brown, Peggy Brown, Dorothy Eggers, Glen Hager, Marilyn Heaps Nelson, Steve Larson, Betty Mahaffey, Ruth Randolph, Betty Reed, Eileen Rowat and Peggy Sanders?

Here are some clues: they are dedicated, they are very talented and they are giving of their musical abilities on a scheduled basis or at the drop of a hat.

These volunteers all play the piano. Music is indeed a universal language and each of these pianists lends their own musical style to a variety of activities. Music is an important part of having fun, reminiscing and worship.

The volunteers who play piano provide music for weekly devotional and vespers services, monthly hymn singing and communion services, entertainment programs, special events and even for student piano recitals.

Many thanks to all of these wonderful piano volunteers. Their contributions are appreciated by everyone at Calvin Community. Many (piano) hands make light work as the say-

ing goes, and we welcome other piano players and musicians to contact the Department of Activities, Wellness and Volunteers to become a volunteer.



Volunteer Peggy Sanders plays piano for residents in the Main Lounge.

Calvin Residents, Veterans Honored with Flight

Three lucky Calvin Community residents got to take part in the Central Iowa Honor Flights, which take WWII veterans to see their memorial in Washington, D.C. Three Des Moines flights were held between August and November 2009.

Gerry Rickert traveled on the Aug. 11 flight, Helen Phillips on the Oct. 13 flight and John Knauer on the final Nov. 4 flight.

Each veteran was treated to a meal the evening before, a one day trip to Washington, D.C. to see the war memorials and Honor Flight memorabilia at no cost to them. Gerry commented, "I always



Helen Phillips, Gerry Rickert and John Knauer

wanted to see the WWII War Memorial so this was a surprising opportunity for me

and I thoroughly enjoyed the entire trip."