



Manager's Musings

March is a wonderful time to take advantage of the warmer season that promotes well-being and enjoyment. Our grounds provide a delightful space to take in some fresh air and sunlight and to promote activities like walking, bike rides, gardening, picnics, or reading on a park bench. May your March be a focus of health, happiness, and fulfillment.



Dirk Roghair
General Manager



Gwenn Copple
907/202

Member Spotlight

Gwenn Copple is a lovely and very interesting lady. She was born in Bayonne, New Jersey, and moved to Des Moines when she was 6 months old. She attended Greenwood Elementary, Callanan Junior High, and Roosevelt High School. After high school she said she “wanted to get out of Dodge” and attended Brandeis University in Waltham, Massachusetts. She graduated from Brandeis with a Bachelor of Arts degree in Spanish. She continued her Spanish studies at Columbia University in New York, graduating with a Master of Arts degree in Spanish. She taught Spanish in New Jersey for a while, but then returned to Des Moines for “a temporary layover.” That layover became permanent—she is still here!

Gwenn was married in Des Moines, and her Spanish teaching career was spent at East High School. Once she was asked to substitute at Valley High by the principal, who was a former student of hers. She did substitute there as a Spanish teacher for a while.

Gwenn’s hobbies are knitting, reading, sewing (she made her own clothes!), sunbathing, visiting with friends, and playing blackjack at a casino in Aruba. She has been to Aruba 40 times! That’s a lot of blackjack! She loves to travel, and besides Aruba, she has been to Mexico, Honduras, Guatemala, Columbia, Argentina, Spain, Ecuador, England, China, Japan, and Canada. She has also traveled extensively in the United States. It goes without saying that Aruba is her favorite happy place, and she hopes to return there in the future.

Gwenn enjoys volunteering and has volunteered at the Iowa Jewish Senior Life Center and at Temple B’nai Jeshurun in Des Moines.

Besides Des Moines, Gwenn has lived in Waltham, Massachusetts; Clifton, New Jersey; New York City, New York; and Las Vegas, Nevada.

To her delight Gwenn has met a lovely lady here with whom she has many friends in common—friends she has known since her childhood. The love and companionship of friends is priceless.

We are glad Gwenn has chosen our Elite Lodge as her home, and we look forward to many enjoyable years with her. Welcome, Gwenn!

Member Spotlight

A Coincidence and



Priscilla Thomsen
907/206

In the Boone High School Class of 1958, 66 years ago, two of the Elite Lodge's newest residents graduated together: Priscilla Thomsen and Jolene Tate. One lived in the country and the other lived in town. In their class of 168 students, they were acquainted, but they had different classes and were involved in different activities. After graduation, they went their separate ways; their paths crossed only at occasional reunions.

Priscilla Thomsen grew up in Boone, Iowa, and then lived in Des Moines, Ames, and Lake City, Iowa. After high school, she worked as a secretary in the Home Economics department at Iowa State University in Ames for a year to earn money to attend nursing school. A year later, she entered Mercy Hospital Nurses Training in Des Moines, a year behind her former classmate, Jolene Tate. She also took classes at Drake University and Iowa Central Community College in Ft. Dodge. After graduation, Priscilla remained in Iowa and worked as an RN for 44 years.

Priscilla married and lived in Lake City, where her husband was a large-animal veterinarian until his passing in 2005. They had a son and two daughters, one now deceased. She also has seven grandchildren and two great-grandsons. She moved to the Elite Lodge of Ashworth in the spring of 2023 to be near her son and family in Des Moines. Her daughter and family live in Omaha.

A few weeks after Priscilla moved to the Elite Lodge, she received a surprise phone call from Jolene Tate, who asked questions about life here. Some time later, Dirk called Priscilla to come to his office. There she met Jolene again, and Jolene soon moved to the Elite Lodge also. Priscilla says: "It has been nice getting reacquainted and becoming friends here. Having someone 'from home' is a good feeling! Now we are making new memories."

Memorial Tree Plaques

The Elite Lodge of Ashworth has a memorial tree program whereby members can have a tree of their choice planted to honor and memorialize loved ones who have passed. Beautiful walnut plaques with the names of persons memorialized are mounted on the wall in the Elite Lodge entrance for all to see. The plaques are updated as new trees are planted.

Now is a good time to order memorial trees to be planted in April and May, as there is a 25% discount on each tree ordered. Fall is also a good time to order memorial trees, as there is a 50% discount on trees to be planted in September, October, and early November.

If you are interested in a memorial tree to honor a loved one, contact Sonny Satre at 515-480-1728. Memorial trees not only warm your heart as you see them, but they beautify our campus as well.

The next time you pass through the entrance to the main lobby, between the two sets of front doors, take a look at the beautiful plaques honoring dear relatives and friends we remember.



Member Spotlight

..... A Reunion



Jolene Tate
915/103

The other half of this reunion is Jolene Tate, who moved to the Elite Lodge of Ashworth in early August of 2023. She grew up on a farm near Boone, Iowa, and graduated from high school there in 1958 in the same class with another newer Elite Lodge resident, Priscilla Thomsen.

After high school, Jolene attended Mercy Hospital School of Nursing in Des Moines to become an RN. She then took a very different path in nursing: she worked for the rest of her career in administration and managed care. She and her husband, also in health care, lived in several locations in the US to continue their careers: Seattle, Washington; Arlington, Texas; Chapel Hill, North Carolina; Louisville, Kentucky; and Nashville, Tennessee.

Jolene and her husband (deceased) have two children and five grandchildren. Another important member of her family is her dog Cooper, a seven-year-old Shih Tzu mix.

She enjoys reading and sewing in her retirement. She and her husband also enjoyed camping and going to music festivals. Future travel plans include spending this month of March at her daughter's vacation home in the Tampa/St. Petersburg area of Florida.

What do we need?

Elite Lodge residents sometimes comment about former activities that they miss. If they have lived here for a while, they might yearn for activities such as the Lodge Chorus, the Variety Show, periodic travel and entertainment programs, music performances, the former Indoor Golf Tournament and other indoor and outdoor competitions. How about croquet and horseshoes?

Many Elite Lodge activities are initiated and managed by volunteer members. Previous residents organized and directed the Chorus (including accompanying or helping with sound or recording for performances), the Variety Shows, the periodic interest programs, and the Indoor Golf Tournament. We just need for interested folks to step forward!

We also need a Librarian to manage and maintain our lovely Library! Many residents enjoy using the Library, but our former volunteer Librarian is no longer available. How about you? Would you like to help?

We appreciate the volunteer Songfellows who serenade us from time to time. Thank you, Songfellows! There is a resident request for sing-alongs. Maybe the Songfellows would be willing to include a sing-along portion in their fine programs. Our aging voices might not be the best, but we do love to sing or to hum along, or just to sit and tap our toes to the music!

Since the Elite Lodge can be a "do-it-yourself" kind of place, maybe you just need to step up and organize an activity that you miss or you would like to introduce!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

March 2024 Activities

**3**

3:00 Bingo
6:00 5 Crowns
6:00 Canasta

4

Dry Cleaners
8:00 Exercise
10:00 Women's Pool
10:30 Wii Bowling
1:00 Men's Pool
1:00 Upwords

5

8:00 Aquatic Exercise
10:00 Women's Pool
11:00 Liaison Meeting
1:00 Men's Pool
1:00 Cribbage
2:00 Movie
3:45 Table Talk

6

8:00 Exercise
10:00 Communion in the Conversation Room
10:00 Women's Pool
1:00 Men's Pool
1:00 Mah Jongg
4:00 Wacky Wednesday - The Bar Is Open!
6:00 Bridge, Pepper

10

SPRING FORWARD
daylight saving time

3:00 Bingo
6:00 5 Crowns
6:00 Canasta

11

Dry Cleaners
8:00 Exercise
10:00 Women's Pool
10:30 Wii Bowling
1:00 Men's Pool
1:00 Upwords
2:00 Dick Clark's Discussion Group
2:00 Health Week Smoothies

12

8:00 Aquatic Exercise
10:00 Women's Pool
11:00 Health Week Goodcare AtHome REHAB Presentation
1:00 Men's Pool
1:00 Cribbage
2:00 Movie
3:45 Table Talk

13

8:00 Exercise
10:00 Communion in the Conversation Room
10:00 Women's Pool
1:00 Men's Pool
1:00 Mah Jongg
2:00 Fun in the Lounge - Health Week Build your own yogurts
6:00 Bridge, Pepper

17

3:00 Bingo
6:00 5 Crowns
6:00 Canasta

18

Dry Cleaners
8:00 Exercise
10:00 Women's Pool
10:00 Visiting Nurse (Foot Care)
10:30 Meals From the Heartland
10:30 Wii Bowling
1:00 Men's Pool
1:00 Upwords
3:00 Book Club

19

8:00 Aquatic Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Cribbage
2:00 Movie
3:45 Table Talk

20

8:00 Exercise
10:00 Communion in the Conversation Room
10:00 Women's Pool
1:00 Men's Pool
1:00 Mah Jongg
2:00 Fun in the Lounge - Learn about Purim, a holiday commemorating Jewish deliverance as told in the Book of Esther
6:00 Bridge, Pepper

24

3:00 Bingo
6:00 5 Crowns
6:00 Canasta

25

Dry Cleaners
8:00 Exercise
10:00 Women's Pool
10:30 Wii Bowling
1:00 Men's Pool
1:00 Upwords

26

8:00 Aquatic Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Cribbage
2:00 Movie
3:45 Table Talk

27

8:00 Exercise
10:00 Communion in the Conversation Room
10:00 Women's Pool
1:00 Men's Pool
1:00 Mah Jongg
2:00 Fun in the Lounge - No Fun in the Lounge today
6:00 Bridge, Pepper

31

3:00 Bingo
6:00 5 Crowns
6:00 Canasta

THURSDAY



7 *Beauty Shop & Dry Cleaners*
 8:00 Aquatic Exercise
 10:00 Strength Exercise
 10:00 Women's Pool
 10:00 Shuttle: Hy-Vee, Fareway, & Walmart
 1:00 Men's Pool
1:00 Communion - Vicki Hertko
 4:00 Bible Study
 6:00 Oh Shoot, Up and Down the River
 6:00 Pitch
 6:15 Dominoes

14 *Beauty Shop & Dry Cleaners*
 8:00 Aquatic Exercise
9:30 Breakfast - French Toast
 10:00 Strength Exercise
 10:00 Women's Pool
 10:00 Shuttle: Hy-Vee, Fareway, & Walmart
1:00 Men's Pool Shootout
2:00 Health Week UroHealth Services Presentation
 4:00 Bible Study
 6:00 Oh Shoot, Up and Down the River
 6:00 Pitch
 6:15 Dominoes

21 *Beauty Shop & Dry Cleaners*
 8:00 Aquatic Exercise
 10:00 Strength Exercise
 10:00 Women's Pool
 10:00 Shuttle: Hy-Vee, Fareway, & Walmart
 1:00 Men's Pool
 4:00 Bible Study
 6:00 Oh Shoot, Up and Down the River
 6:00 Pitch
 6:15 Dominoes

28 *Beauty Shop & Dry Cleaners*
 8:00 Aquatic Exercise
9:30 Breakfast - Donut Day
 10:00 Strength Exercise
 10:00 Women's Pool
 10:00 Shuttle: Hy-Vee, Fareway, & Walmart
1:00 Co-Ed Pool Tournament
 4:00 Bible Study
 6:00 Oh Shoot, Up and Down the River
 6:00 Pitch
 6:15 Dominoes

FRIDAY

1 8:00 Exercise
 10:00 Women's Pool
10:00 Menu Review Committee
 10:30 Cornhole
 1:00 Men's Pool
2:30-3:30 Final Act Ensemble
old-time radio group
 6:00 Duplicate Bridge

8 8:00 Exercise
 10:00 Women's Pool
 10:30 Cornhole
1:00 Billiard Belles
4:00 Friday Frolics
 6:00 Duplicate Bridge

15 8:00 Exercise
 10:00 Women's Pool
 10:30 Cornhole
 1:00 Men's Pool
4:00 Friday Frolics
- Pam Avaux
 6:00 Duplicate Bridge

22 8:00 Exercise
 10:00 Women's Pool
 10:30 Cornhole
 1:00 Men's Pool
4:00 Friday Frolics - Fred Peters
 6:00 Duplicate Bridge



29 8:00 Exercise
 10:00 Women's Pool
 10:30 Cornhole
 1:00 Men's Pool
4:00 Good Friday
- No bar or Friday Frolics today
 6:00 Duplicate Bridge

SATURDAY

2 *Beauty Shop*
 2:00 Hearts
 6:00 Bridge

9 *Beauty Shop*
 2:00 Hearts
 6:00 Bridge

16 *Beauty Shop*
 2:00 Hearts
 6:00 Bridge

23 *HAPPY Purim*
BEGINS AT SUNDOWN

Beauty Shop
 2:00 Hearts
 6:00 Bridge

30 *Beauty Shop*
 2:00 Hearts
 6:00 Bridge

Sports, Games, and Activities

Liaison Committee



The Elite Lodge Liaison Committee meets on the first Tuesday of each month. The role of the committee is to consider member concerns relating to the operations of the Elite Lodge. The committee facilitates communication between Lodge Members and management, and ensures that information is accurately shared and understood between management and Members. It encourages exchange of information and cooperation.

The meeting is conducted informally, with Member representatives bringing Member concerns and compliments, from the comment pads in each building and from direct verbal comments made to committee members. Mary Cummins, Office Manager, takes minutes. Dirk Roghair, General Manager, represents local management and the Elite Lodge owner. There is one Member representative from each building along with one member at large on the committee. Pictured are building representative Dave Proudfit (947), member at large Louise Patrick, and building representatives Jim Gaines (927), Mary Anne Critz (915), and Priscilla Thomsen (907). The meeting is open to any Lodge Member who wishes to attend—all are welcome!

There is no formal process for choosing committee members and no stipulation for length of service on the committee. Most committee members volunteered for the committee or were recommended by committee members. Decisions made by the committee are communicated to Lodge Members via minutes of the meetings, which are available at the Front Desk. We're grateful to this committee for their important work.

Cornhole Tournaments Announced

You might be aware that some Lodge Members have fun playing cornhole on Fridays at 10:30. Well, the players have decided to have a tournament once a month, on the second Friday. The first tournament was played in February, with the winning team, Bernie Terhaar and Nancy Chavannes, shown here. All are welcome to join in the fun, whether on the second Friday for the tourney, or on other Fridays for regular play.



Pool Champs



**Billiard Belles: February
Winners Norma Hilton and
Barbara Geller**



**Co-Ed: January Winners Mimi Ferguson
and Dave Proudfit**



**Men's 8-Ball: February Winner
Dave Proudfit and Runner-Up
Tom Allen**

Health Week *March 11–14*

This month, Teri Quintana has put together some health-related activities for Members to enjoy. All events will be held in the Lounge. The days and times are shown on this month's calendar, but we thought you might like to see more detail about the various happenings. So, here they are!

- Monday, March 11, 2:00

Teri will make a smoothie for you, using healthy ingredients of your choice.

- Tuesday, March 12, 11:00

Maggie Ludwig, one of our physical therapists, will give a talk. Snacks will be served.

- Wednesday, March 13, 2:00

Build your own yogurt treat with healthy fixings you can choose from a selection Teri will provide.

- Thursday, March 14, 2:00

Representatives from UroHealth Services will be here to tell us about Emsella, a breakthrough technology for the treatment of incontinence. Patients typically visit the West Des Moines location for six 30-minute treatments, where they sit comfortably, fully clothed, while the electromagnetic technology stimulates and strengthens the muscles of the pelvic floor. Both men and women can benefit from this innovative service. At this presentation, you'll learn much more about Emsella from Thomas Dean, RPh, and Dr. Margaret Vitiritto-Khan, D.O.



March Birthdays



**Maxine
Bruinekool**
3/4



**Nita
Koenen**
3/6



**Dorothy
Dadisman**
3/8



**Jeff
Brown**
3/12



**Louise
Patrick**
3/15



**Matt
Dengler**
3/18



**Bernie
Terhaar**
3/21



**Bob
Campbell**
3/28



**Sharon
Schwemler**
3/30



**Teri
Campbell**
3/31

Movies on Tuesdays at 2:00 PM

- 5 Pay it Forward** 2000 PG-13 2h3m
Kevin Spacey, Helen Hunt, Haley Joel Osment
 A social studies teacher gives an assignment to his junior high class to come up with an idea to change the world for the better, then put it into action. One student creates a plan for “paying forward” favors, setting in motion a wave of human kindness that blossoms into a profound national phenomenon.
- 12 The Holdovers** 2023 R 2h13m
Paul Giamatti, Da’Vine Joy Randolph, Dominic Sessa
 An unpopular professor at a boarding school in 1970 is ordered to supervise five students left on campus over the Christmas break. Four find a way to celebrate with another family, and the movie unfolds with the relationship between the teacher and the fifth student. Nominated for 2023 Best Picture and Best Actor.
- 19 The Best Exotic Marigold Hotel** 2011 PG-13 2h4m
Judi Dench, Bill Nighy, Dev Patel, Tom Wilkinson, Maggie Smith
 In this comedy-drama, British seniors decide to move to an affordable but luxurious retirement hotel in India. They arrive to find that it’s a dilapidated old place, but as they navigate the challenges of their lives and relationships there, they’re able to let go of the past and enjoy life. “We get up in the morning, we do our best.”
- 26 News of the World** 2020 PG-13 1h58m
Tom Hanks, Helena Zengel
 Set in Texas after the end of the Civil War, this western drama tells the tale of a veteran who travels from town to town sharing news with the inhabitants. Along the way, he is commanded to take a white girl, who had been captured and raised by Indians, to live with blood relatives. Their dangerous journey is chronicled.

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LODGE
OF ASHWORTH
ELITE

