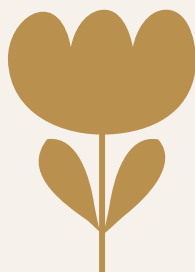




Manager's Musings

What a wonderful time of year to jumpstart our spring and experience the budding trees and nature brought back to green and plush. We are grateful for a beautiful setting to enjoy with friends and family.

Happy April!



Dirk Roghair
General Manager

Member Spotlight



Mark and Darlene Pullen
927/309

We wondered whom we would welcome to “The Cabin” at the Elite Lodge of Ashworth, and now we know! We are happy to have Mark and Darlene Pullen with us in 927–309. They moved here from their home in Des Moines.

Mark was born and graduated from high school in Ida Grove, Iowa. He attended Iowa State University and BSIE for basic pilot training in the military. He has lived in Ames, San Francisco, Newton, Cherokee, and Des Moines. Mark worked as an engineer for 20 years for Maytag in Newton. He then managed the airport

at Cherokee, Iowa. He piloted small planes for business flights and flew a company plane for Hy-Vee for several years.

Darlene was born near Plover, Iowa, and graduated from high school there. After marriage, she lived in Minnesota, Oklahoma, Virginia, Illinois, Cedar Rapids, Council Bluffs and Cherokee, Iowa. She took some training in accounting at AIB in Des Moines. She has worked in accounting at several locations, including 14 years at Wells Fargo in Des Moines.

Mark and Darlene met in their “middle years” as they auditioned to act in a play at the Cherokee Community Playhouse. They married 30 years ago and blended their two families of seven children. They have added 19 grandchildren and three great-grandkids, with two more expected soon.

In recent years, they have been very active with the Des Moines Community Playhouse, acting, building sets, operating a spotlight, and ushering. Mark is a member of the Final Act Radio Ensemble that has performed at the Lodge. They have volunteered at Living History Farms. Mark also sang with a group at Carnegie Hall.

They have participated in a Senior Singers group, golf, flying small planes, cooking, baking and sewing. Travels have taken them to most of Western Europe, the British Isles, Caribbean cruises, Alaska, and Hawaii, as well as South Dakota, Wisconsin, and Virginia to visit their families and grandkids.

Member Spotlight



Joyce Kuhn
915/214

We welcome Joyce Kuhn, another recent resident at the Elite Lodge of Ashworth. She moved from her home in Des Moines after she had to place her husband in memory care at the Jewish Life Center near here. As Joyce says, "I took care of my husband as long as I could (12 years) but with Alzheimer's, we had to move him out of our home a little over a year ago." She visits him daily, and is able to have her own life here at the Elite Lodge, as well.

Joyce was born in Indianapolis, Indiana, where she graduated from high school and business college. She also has an Associate in Science degree from DMACC here in central Iowa. She and her family formerly lived in Kansas, Minnesota, Missouri, Illinois, and Iowa.

Her family includes two daughters, two sons-in-law and four grandsons near here. They have survived accidents, injuries, life-altering situations, job moves, and lots of challenges. All of them are doing well now. Joyce says, "They all are smart!" She also remembers the wonderful family trips they have had together over the years.

With her family, Joyce has traveled to most of the 50 U.S. States and some foreign countries. She especially enjoyed Hawaii, Alaska and some countries in Europe.

Her favorite activities have included travel, piecing quilts, time with family, and helping with many fundraisers. She has volunteered with vision screening of preschoolers and as a teacher associate in a first-grade classroom. She has been a bookkeeper. She has served on church committees and taught Sunday School. Joyce also helped sponsor Bosnian refugees and hosted German Exchange students.

Joyce says, "It is important to believe in and live a Godly life." She leads a very busy and useful life! We are glad she is here at the Elite Lodge of Ashworth.

Senior Olympics, U.S.A.

We have a Senior Olympics multiple award-winning medalist living among us. Her name is Beverly Howe! Beverly participated in the Senior Olympics from 1990 through 1993, and she won a total of 25 medals. One year, she was chosen to carry the Senior Olympics torch, as she had won the most medals that year. Beverly competed and medaled in swimming (backstroke, sidestroke, and breaststroke), track (50-meter run, running long jump, and standing long jump), basketball (free throw accuracy), softball (softball accuracy throw), table tennis, badminton, and horseshoes.



The Senior Olympics (now National Senior Games) is a sports competition for men and women 50 and over in the United States. The games are conducted by the National Senior Games Association once every two years. The event, the largest qualified multi-sport event in the world for seniors, is like the Summer Olympics.

For most sports, athletes qualify by placing in the top four of their age group at a Qualifying State Senior Games competition. Some sports allow qualification by meeting minimum performance standards, and other sports are open to all. If you're interested in participating, you can learn more at the National Senior Games Association website.

Who knew we had such a talented sports competitor at the Lodge!

An Elite Lodge of Ashworth Volunteer



The YMCA of Greater Des Moines operates the Supportive Housing Campus, a community solution to help eliminate homelessness by providing hope, dignity, and support in the form of stable and secure permanent housing, supplemented by supportive services. The Supportive Housing Campus is not a homeless shelter. Instead, it's a hand up, offering efficiency apartments at an income-based rent, training for employment skills and computer literacy, advice about securing independent living, counseling for personal issues, transportation assistance, food/clothing/hygiene pantries, and other services that help people meet their basic needs and reach their life goals, often including the ability to live independently.

Volunteers are essential to ensuring the success of this program. Our Member Hal Stevenson is one of those volunteers. We interviewed him to learn more about the program—what he does there, and what other volunteer opportunities exist. Hal volunteers at the campus two mornings each week, performing a myriad of tasks. One essential activity involves sorting through donations from members of the community, restaurants, and stores. The donations come in all mixed up, so Hal helps sort things into appropriate categories, and he assigns a “garage sale” price to each item, which is helpful for the program in receiving grants. He enters all of this data into the computer. But Hal is glad to perform whatever task is needed at the moment. Hal doesn't blow his own horn, but I learned from a book, *Profiles in Compassion*, by Johnson and Carr, that Hal goes out of his way to show kindness to the residents, writing them encouraging notes, chatting with them, and bringing smiles to their faces.

Do you have an over-the-counter allowance on your insurance plan that lets you select personal care products? Some people use those OTC allowances to get hygiene items, and then they donate them to the Supportive Housing Campus. If you want to donate clothing; books; kitchen, bath, or cleaning supplies; or other items, you can give them to Hal and he'll deliver them. The program offers a wide variety of on-site and off-site volunteer opportunities, including serving meals. And of course, you can donate funds if you'd like to help in that way.

Hal's experience has brought deeper meaning to his life, as he helps support the mission of the YMCA, which is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Meals from the Heartland

Every third Monday morning, many Elite Lodge of Ashworth Members gather in the Lounge to take part in a rewarding volunteer activity. They place labels on small plastic bags so that the bags can be filled with dried products, which are later mixed with boiling water or milk to create nutritious meals for needy families around the world. Lodge Members have labeled over 300,000 bags since 2019! Sue and Ira Dickman direct this volunteer service project at the Lodge. Here are some stats showing what Meals from the Heartland has accomplished in recent years:



- From 2008 to 2023, over 600,000 volunteers packaged 230,974,488 meals.
(Yes, you're reading that right, it's more than 230 million!)
- In 2023, more than 1 million meals were given out in Iowa, almost 3 million were distributed in other states, and over 17 million meals were provided internationally, for a total of more than 21 million meals.
- Since 2018, meals have been distributed to 43 countries.
- Every school day, about 500,000 children are helped with feeding initiatives supported by Meals from the Heartland.

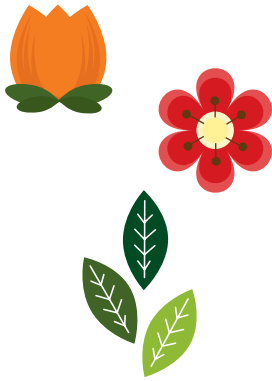
If you're looking for something useful to do right here at the Lodge, you may wish to join folks in the Lounge at 10:30 on the third Monday of each month.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY



7

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

14

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

21

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

28

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

1



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

8

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

15



Federal Tax Filing Deadline

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

22

Happy Earth Day



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

29

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

2

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

9

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

16

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

23

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

30

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

3

8:00 Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Mah Jongg
2:00 Fun in the Lounge
- Container Salads
6:00 Bridge, Pepper

10

8:00 Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Mah Jongg
2:00 Fun in the Lounge
- Enjoy a Walk on Lodge grounds
6:00 Bridge, Pepper

17

8:00 Exercise
10:00 Grounds Committee
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

24

8:00 Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Mah Jongg
2:00 Fun in the Lounge
- Garden Party
6:00 Bridge, Pepper



April 22-30

THURSDAY

4 *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

11 *Beauty Shop & Dry Cleaners*
 8:00 Aquatic Exercise
9:30 Breakfast - Denver Omelets
 10:00 Strength Exercise
 10:00 Women's Pool
 10:00 Shuttle: Hy-Vee, Fareway,
 & Walmart
1:00 Men's Pool Shootout
 4:00 Bible Study
 6:00 Oh Shoot, Up and Down the River
 6:00 Pitch
 6:15 Dominoes

18 *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

25 *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

5 8:00 Exercise
 10:00 Women's Pool
10:00 Menu Review Committee
 10:30 Cornhole
 1:00 Men's Pool
4:00-5:30 Friday Frolics
 - **Karaoke with Jake**
 6:00 Duplicate Bridge

12 8:00 Exercise
 10:00 Women's Pool
 10:30 Cornhole
1:00 Billiard Belles
4:00 Friday Frolics
 - **C.W. Smith**
 6:00 Duplicate Bridge

19 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



26 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

SATURDAY

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

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

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

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

April 2024 Activities



Sports, Games, and Activities

Meals Committee



The Elite Lodge Meals Committee has several functions. It reviews menu-related comments and requests from Lodge Members, strives to produce menus/meals that Members enjoy, and oversees the nutritional value of meals to ensure that Members' nutritional needs are met.

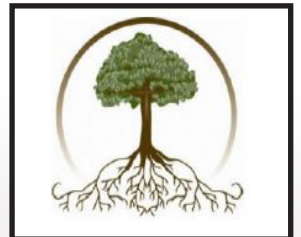
The committee meets the first Friday of each month and is chaired by Jeff Rose, Kitchen Manager. There is a representative from each building on the committee. While there is no formal process for selecting committee members, Lodge Members often volunteer for the committee when they learn there is a vacancy. Committee members can also recommend someone for membership. Potential members are evaluated and approved by the committee as appropriate. Members who wish to leave the committee simply resign; there are no rules regarding length of service.

If you have comments or concerns regarding meals, please contact the representative for your building: Louise Patrick, Building 907; Jan Hall, Building 915; Nora Kirchner, Building 947. There is currently no representative for Building 927 due to a recent illness and resignation, so concerns should be directed to Jeff Rose.

Grounds Committee

Our Elite Lodge has a Grounds Committee, composed of Member volunteers who donate time, hard work, and love to beautify our grounds. The committee meets in the Pass-Time Room at 10:00 on the third Wednesday of each month from April to October. It is chaired by Trisha Peters.

The committee has had many successes. Its members created the butterfly garden and beautified the guest parking area. Last year, 413 hours of labor were donated to the Elite Lodge by committee member gardeners.



Another resounding success of the Grounds Committee is the Memorial Tree Program, which began in 2001. Any Lodge Member may purchase a tree to be planted on Elite Lodge grounds to memorialize loved ones who have moved away or passed. To date, 27 trees or bushes have been planted, and plaques at the Lodge entrance record and display these remembrances. If you're interested in having a memorial tree planted, contact Lodge Member Sonny Satre at (515) 480-1728. Sonny coordinates the purchasing and planting of the trees, and Caleb Perry of our Grounds Staff makes it happen! Caleb assists donators to determine locations for their trees, and he spends many hours watering *very thirsty* young trees.

If you wish to join this committee, call Trisha Peters at (515) 975-5139.

Pool Champs



**Billiard Belles: March
Winners Karen Schwemler
and Bev Howe**



**Co-Ed: February Winners Darlene Treanor
and Hal Gronewold**



**Men's 8-Ball: March Runner-Up
Sonny Satre and Winner
Hal Gronewold**

St. Patrick's Day Celebration



Final Act Ensemble



April Birthdays



Janice
Rowley
4/5



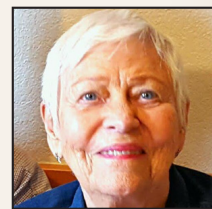
Linda
Day
4/6



Roy
Hanson
4/6



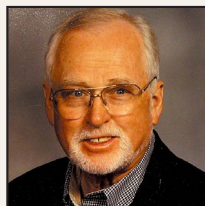
Roy
Schornack
4/6



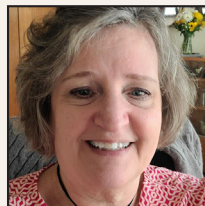
Shirley
Terhaar
4/8



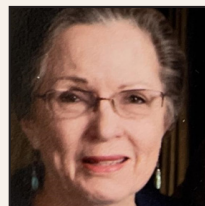
Ingried
Kaut
4/21



Hal
Gronewold
4/24



Becki
Wedemeier
4/26



Barbara
Bell
4/29

Movies on Tuesdays at 2:00 PM

- 2 The Second Best Exotic Marigold Hotel** **2015** **PG** **2h3m**
Judi Dench, Maggie Smith, Richard Gere, Bill Nighy, Dev Patel, David Strathairn
 Sonny, the hotel owner, juggles the expansion of his business, his upcoming marriage, and the lives of his tenants. Set in India again, we get to see what happens with the characters, along with a wonderful addition, Richard Gere.
- 9 Annie** **1999** **NR** **1h30m**
Kathy Bates, Alan Cumming, Kristin Chenoweth, Audra McDonald, Alicia Morton
 A little orphan girl catches the attention of a kind and wealthy man named Mr. Warbucks, who wants to adopt her, but the cruel, strict orphanage owner has a scheme to keep Annie—and her reward money.
- 16 Darby O’Gill and the Little People** **1959** **G** **1h33m**
Albert Sharpe, Janet Munro, Sean Connery
 A wily old codger matches wits with the King of the Leprechauns and helps play matchmaker for his daughter and the tall, dark, and handsome lad from Dublin who has replaced him as caretaker of a large estate.
- 23 How the West was Won** **1962** **G** **2h44m**
James Stewart, John Wayne, Gregory Peck, Henry Fonda, Debbie Reynolds
 This epic Western film follows multiple generations of a family over decades of westward expansion during the 19th century. Events of the times depicted in the film include the Gold Rush, the Civil War, and the building of the railroads.
- 30 My Friend Flicka** **1943** **PG** **1h29m**
Roddy McDowall, Preston Foster, Rita Johnson
 A horse rancher’s son is allowed to choose a foal from the herd. He chooses a high-spirited filly named Flicka, who comes from a wild bloodline. The boy must tame the filly or risk losing her, and along the way he learns lessons of love and faith.

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...and many other
 contributing
 Members.