



Manager's Musings

As the midpoint of the year, June invites our members into the best of senior living with ample opportunities to foster meaningful connections with their peers. Whether it's gathering for outdoor barbecues, participating in group fitness classes, or simply sharing stories and laughter over a cup of coffee, our Elite Lodge family is buzzing with social energy. Enjoy your start to the summer!



Dirk Roghair
General Manager



Ingrid Kaut
907/110

daughter Christine left Hamelin and emigrated to Des Moines, Iowa. They had a sponsor, and they had signed a statement saying that they would not be on government support. Pastor Baird of the Lutheran Welfare Society greeted them at the Des Moines train station and helped them get settled in Des Moines. I cannot begin to imagine how difficult it must have been to be a new mom in a foreign country. Kudos to Ingrid!

With his work skills and experience, Rudi found a permanent position with Armstrong Flooring—he did so well that in 1977 he was able to open his own business, Rudi Kaut Floor Coverings.

Meanwhile, Ingrid was busy being a full-time mom to Christine and to the two boys who were born later, making the Kauts a family of five. Ingrid loved volunteering with the PTA and soccer club at school, as well as at her church, First Lutheran. In 1963 Ingrid, Rudi, and Christine achieved their dream of becoming American citizens. Because the boys were born here, they were American citizens from birth.

As the children grew older, Ingrid began volunteering in the Iowa Lutheran Auxiliary Gift & Flower Shop at Iowa Lutheran Hospital. Her excellent performance as a volunteer led to a job, which she kept for 20 years. She loved the work and enjoyed buying trips to Kansas City and Minneapolis. After she retired, Ingrid continued to volunteer at Iowa Lutheran, this time as an escort. While volunteering in this capacity, Ingrid had a heart attack and was immediately whisked away to the Cath Lab. The quick action saved her life—a benefit of volunteering!

Member Spotlight

Member Spotlight



Ken and Cindy Bray
947/102

We welcome Ken and Cindy Bray to the Elite Lodge of Ashworth. They moved here from Carlisle last October, then spent three months in Georgetown, Texas, during our winter. We are glad they have returned.

Cindy was born in Petaluma, California, and Ken was born in Boston, Massachusetts. Despite beginnings on opposite coasts, they met when Cindy went to teach school in Ft. Riley, Kansas, where Ken was stationed in the Army.

Ken has a BS degree from Lafayette College in Easton, Pennsylvania, and his master's degree from Kansas State University. Cindy earned a degree in biology from Eastern Tennessee State University in Johnson City, Tennessee, and later received certification in histology from Mercy Hospital. They have also lived in Ft. Riley and Manhattan, Kansas, and Ames and Des Moines, Iowa.

Ken spent 24 years in the U.S. Army and Army Reserves as a Company Commander. He also taught in the ROTC program at Iowa State University in Ames. After retirement from the Army, he worked for CDS in human resources. Cindy worked for 30 years in the medical labs at Mercy Hospital in Des Moines.

The Brays have two adult daughters who live with their families, one boy each, in Des Moines and Indianola. Their son and family, with twin boys, live in Austin, Texas. Ken and Cindy enjoy their four grandsons.

In their spare time, Cindy sews, knits and gardens. Both Ken and Cindy love dogs, and they have volunteered for the Animal Rescue League for 20 years. They work with a team that does temperament testing of dogs.

Ken and Cindy enjoyed their 40th wedding anniversary in Bermuda on their first cruise. Their other travel destinations have included the Turks and Caicos Island; St. Augustine Beach, Destin and Palm Coast, Florida; Hawaii; New York City; and Austin and Georgetown, Texas.

Lodge Notes

Starting in June, movies will be on hiatus for the summer. We'll be including an article or photos on the back page instead of the list of movies for the month. Let us know if you have ideas you'd like to see there!

We've had a little problem with the donation bins in the Craft Room. Some have thought these were giveaways for Members and have taken some of the clothing, but actually the items are intended to be given to needy people. Sonny Satre handles these donations of clothing for the Capitol Hill Lutheran Church, so if you have something for him you can leave the items at Sonny's door (947/303) or give him a call at (515) 480-1728. Thank you!

Grilling, Anyone?

Elite Lodge Members have two grills available for our use: one in the Courtyard north of the swimming pool, and one on the Patio, south of the Member gardens and east of the tennis court. We had a request for instructions on how to safely use the grills, and we thought that was a good idea, so here are instructions for the Courtyard grill. Enjoy your meal!

1. Don't lean over the grill while you are lighting it.
2. Open the lid. This is a very important step—if you skip it, you can blow the lid!
3. Open the left door under the grill. Partially open the shutoff valve at the top of the propane cylinder by turning it ¼ turn counterclockwise.
4. Turn one burner knob counterclockwise ¼ turn, to high. This will feed gas to the burner.
5. Press and hold the igniter button until the burner lights—*only if the lid is open!*
6. Wait 20 seconds after the ignition starts.
7. Visually check to see if the flames have ignited at the selected burner.
8. Test the heat by holding your hand about 6 inches above the grill.
9. Turn the propane shutoff valve counterclockwise until it is all the way open. Close the door.
10. Light any additional burners you'll be using by turning the burner knob(s) ¼ turn counterclockwise, to high.
11. Close the lid and preheat for 5 to 10 minutes.
12. When you're finished grilling, turn the burner knobs back ¼ turn clockwise, turn the shutoff valve clockwise until it is fully closed, close the door to the propane cylinder, and close the lid.



Mo Pingel at the courtyard grill

Shutoff valve:



Burner knobs:



Igniter button
(The little one!)



Similar instructions for the Patio grill are inside its door. This grill has two burners rather than the four in the Courtyard, but is otherwise about the same.

Memorial Day

In 1966, President Lyndon Johnson proclaimed Waterloo, New York, to be the birthplace of Memorial Day. While a few cities dispute this, the important fact is that Memorial Day is a federal holiday honoring military personnel who gave their lives for our country. It is a day for mourning their loss and recognizing their sacrifice. Families and loved ones place flags and flowers on the graves of those killed in the line of duty, and many people wear poppies in remembrance of a World War I poem, "In Flanders Fields."

Many cities have parades—some of the biggest are in Chicago, New York, and Washington, D.C.—and families get together to picnic and celebrate the three-day weekend, which occurs because Memorial Day is officially the last Monday in May. This weekend is also the unofficial beginning of summer. With all the ceremonies, picnics, and family fun, we are reminded to be mindful of the solemn reason for this holiday. Soldiers died so that we might live in a democratic, free society. Be mindful of the sacrifices made, and honor those who made them in your heart and with your deeds on the last Monday in May every year.

SUNDAY

2

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

9

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



2:00 Songfellows
3:00 Bingo
6:00 5 Crowns
6:00 Canasta

23

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

30

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

MONDAY

3

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

10

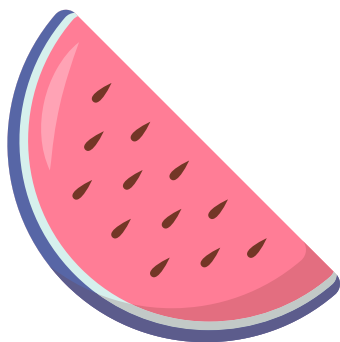
Dry Cleaners
8:00 Exercise
10:00 Women's Pool
10:30 Wii Bowling
1:00 Men's Pool
1:00 Upwords
2:00 Dick Clark's Discussion Group

17

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

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



TUESDAY

4

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

11

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

18

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

25

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



WEDNESDAY

5

8:00 Exercise
10:00 Women's Pool
10:00 Communion in the Conversation Room
1:00 Men's Pool
1:00 Mah Jongg
2:00 Fun in the Lounge - Cornhole in the Courtyard
6:00 Bridge, Pepper

12

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

JUNETEENTH FREEDOM DAY

19

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

26

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



THURSDAY

- 6** *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
- 13** *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
- 20** *Beauty Shop & Dry Cleaners*
 8:00 Aquatic Exercise
 10:00 Strength Exercise
 10:00 Women's Pool
 10:00 Shuttle: Hy-Vee, Fareway,
 & Walmart
 4:00 Bible Study
 6:00 Oh Shoot, Up and Down the River
 6:00 Pitch
 6:15 Dominoes
- 27** *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

- 7** 8:00 Exercise
 10:00 Women's Pool
10:00 **Menu Review Committee**
 10:30 Cornhole
 1:00 Men's Pool
4:00 **Friday Frolics**
 - **Pam Avaux**
 6:00 Duplicate Bridge
- 14** 8:00 Exercise
 10:00 Women's Pool
 10:30 Cornhole
1:00 **Billiard Belles**
4:00 **Friday Frolics**
 - **Ed Berry**
 6:00 Duplicate Bridge
- 21** 8:00 Exercise
 10:00 Women's Pool
 10:30 Cornhole
 1:00 Men's Pool
4:00 **Friday Frolics**
 6:00 Duplicate Bridge
- 28** 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

- 1** *Beauty Shop*
 2:00 Hearts
 6:00 Bridge
- 8** *Beauty Shop*
 2:00 Hearts
 6:00 Bridge
- 15** *Beauty Shop*
 2:00 Hearts
 6:00 Bridge
- 22** *Beauty Shop*
 2:00 Hearts
 6:00 Bridge
- 29** *Beauty Shop*
 2:00 Hearts
 6:00 Bridge



June 2024 Activities



Sports, Games, and Activities

Step Right Along!

A couple of years ago, an Intern here counted all of our steps in each Elite Lodge of Ashworth building to encourage us to walk more for good health. She gave us the following distances, which are worth repeating.

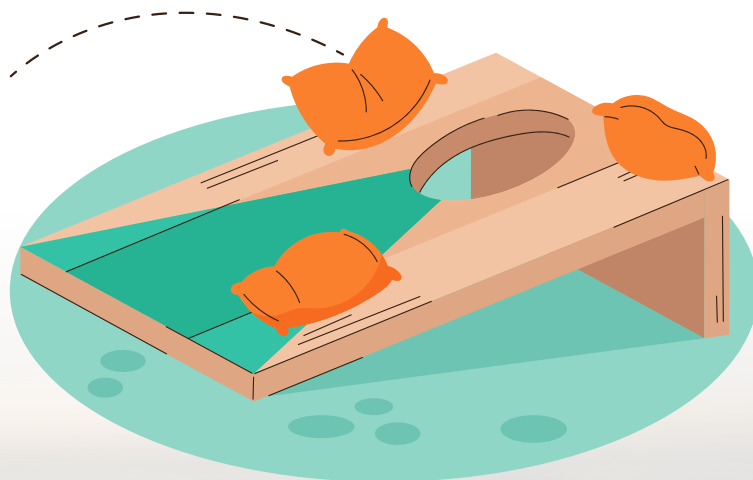
- Building 907 hall: 218 feet
- Building 927 hall: 194 feet
- Building 947 hall: 233 feet
- Building 915-B hall to the Main Lobby: 503 feet
- 1 trip around the outside of our buildings: .4 mile (2,112 feet)
- 1 mile: 5,280 feet

The health benefits of walking daily include: helps in weight loss, improves heart health, reduces chronic diseases, delays aging, lowers blood pressure, reduces stroke risk, decreases diabetes risk, increases lung capacity, lowers sugar cravings, improves mood, improves varicose veins, boosts immunity, speeds up digestion, and reduces dementia risk—just to name a few! Good luck!

Cornhole Champs



**May Cornhole Tournament Champions:
Nancy Chavannes and Ginny Albrecht**



Pool Champs



**Billiard Belles: May Winners
Mimi Ferguson and
Dorothy Dadisman**



**Co-Ed: April Winners Beverly Howe
and Bernie Terhaar**



**Men's 8-Ball: May Winner
Sonny Satre and Runner-Up
Don Wenger**

Around the Lodge



Nora Kirchner's family threw her a birthday party and invited everyone at the Lodge! Many Members attended, enjoying the slide show her family put together of photos of Nora, along with wonderful refreshments. Here are a few photos from the event, where friends and family celebrated with Nora.



Dee Zolnosky also celebrated a birthday in May. Here she is visiting with Stan Farnham. What fun balloons! We hope you had a great day, Dee!



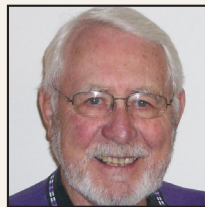
Cinco de Mayo



June Birthdays



**Kathy
Blankenship**
6/4



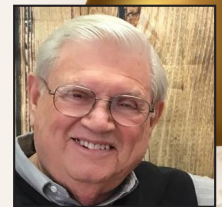
Gary Wheeler
6/5



**Christine
Bermudez**
6/7

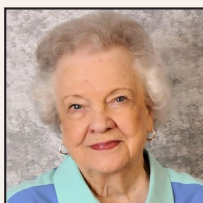


Dick Day
6/13



Jim Hiatt
6/13

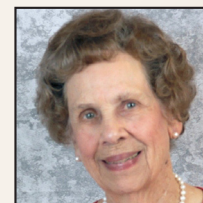
**Happy
102nd
Birthday
Char**



Char Evans
6/14



Gwenn Copple
6/26



Lois Gambill
6/26

Need a Ride, Anyone?



Do you need a ride to your doctor's office, the dentist, or a store? Debbie Church can help with that! On Mondays, Tuesdays, and Wednesdays, Debbie will give you a ride to keep an appointment, to shop at the mall, or for just about anything else you need to go out for. The cost is a \$25 minimum for a round trip, which covers most locations in the Des Moines area. Debbie will wait with you or drop you off, whichever you prefer. (Waiting usually costs somewhere between \$10 to \$25, depending on the circumstances.) She can also help with getting into the medical office, including handling walkers. Call Debbie at (515) 423-1051 to make an appointment, giving at least a 24-hour notice.

In addition, the Elite Lodge of Ashworth offers a free shuttle to Hy-Vee, Fareway, and Walmart every Thursday morning at 10:00. You can

sign up for the shuttle in the Craft Room, then be in that same location no later than 10:00 on Thursday morning. Debbie will join you there and take everyone to the locations.

Debbie also works at the front desk from 3:00 to 11:00 PM on Thursdays and Fridays. She's well aware of the needs of the Lodge—she was our Housekeeping Manager for 18 years! She retired in 2019 but just couldn't stay away!

On a more personal note, Debbie has a daughter and three granddaughters who live in the area. Her granddaughter Lexie Smith is part of our dining staff, serving on Mondays and Tuesdays. Debbie enjoys being with family and friends, including spending time with her sisters in an upcoming trip to Texas. Debbie, we're grateful for all you do for us at the Lodge!

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LODGE
OF ASHWORTH
ELITE

