



Manager's Musings

We strive to provide a supportive environment where individuals can enjoy their golden years, with various activities and social interactions designed to maintain physical, mental, and emotional well-being. Just as August provides a chance to savor the last of summer, our community provides opportunities to enjoy life's simple pleasures in a supportive setting. Happy August!



Dirk Roghair
General Manager



Nita Koenen
915/114

Member Spotlight

Audubon, Iowa, is known for its more than 200 mosaics on a downtown walkway that recreate some of Audubon's famous bird paintings, and for being the home of Albert, the world's largest bull, who is 28 feet tall with a 15-foot span between his horns; of course, we won't forget his 45-ton weight. But Audubon is important to our Elite Lodge resident Nita Koenen because it is her hometown. She grew up on a farm just outside of Audubon and was educated in its school system. She graduated from Audubon High School in 1953 and was married in 1954. She and her husband had a beautiful son before her husband's untimely death when their son was only 2½ years old.

Nita's sister lived in Iowa City, so she and her son moved there. Nita decided to pursue a college education, and after five years this busy Mom graduated with a bachelor's degree in Liberal Arts and a teaching certificate.

California wanted Iowa trained teachers, so Nita and her son moved to Pomona, California, where she taught high school social studies and home economics. After a while Nita met and married a wonderful man and moved to San Luis Obispo, California, where they began their married life. There she taught homebound students during the day and drove 90 miles to the Central Coast College of Law School at night. She graduated and opened her own general practice law office in San Luis Obispo! This was at a time when there were very few women lawyers, and discrimination against them was common. Nita was fortunate to have met a judge who was impressed with her and referred cases to her as appropriate.

Nita's hobbies are reading crime stories and making delightful stuffed bears. Ask her to show you some!

Nita has traveled throughout Europe and to Mexico and Canada on this side of the Pond. Nita and her family and friends—including three great-grandchildren—have especially enjoyed fishing and camping in Canada.

Nita retired four years ago, and she and her husband, Leon, moved to the Elite Lodge. Unfortunately, her husband passed away. But Nita, a strong, determined, and creative woman, is with us to enjoy!

Member Spotlight



Richard and Janice Rowley
915/202

For some of us, the year 1960 might seem like just a few years ago, instead of 64 years in the past! For Janice and Richard Rowley, 1960 was the beginning of their new life together. Janice graduated from Bussey High School at the top of her class in 1960 and married Richard, also in 1960. She was a “town girl” but soon became a farmer’s wife. They farmed near Bussey with Richard’s dad in the early years. They later built a house of their own. They raised corn, soybeans, cattle, and hogs.

They raised three sons, and Janice cooked for Twin Cedars of Bussey schools for 38 years. She also worked for Hospice for 27 years. Besides farming many acres, Richard served as Pastor of their Community of Christ Church for 15 years. In addition to their sons, they have eight grandkids and one great-grandchild.

For hobbies, Richard has enjoyed woodworking. His favorite projects were wildlife (especially birds), farm buildings, and clocks. He displayed and won prizes at art shows, fairs, and malls. One of his favorite works, shown here, was an ornamental clock that stands 3 to 4 feet high. All pieces were cut and shaped with a “scroll saw” and glued together one piece at a time. He also made a 6-foot-high cross for his church. Members contributed over 100 small pieces of various kinds and colors of wood that Richard used to make the cross.

Over the years, Janice has collected small handbells. Richard was also a State Fair Horseshoe Champion. They have enjoyed refinishing classic cars, including their favorite, a red convertible. Their travels have included cruises to the Bahamas, the Panama Canal, and Alaska.

Richard and Janice have lived at the Elite Lodge of Ashworth for almost six years. They enjoy their life here, despite health challenges. They like to play several card games, including Canasta. They both enjoy playing pool, and are as active as illnesses allow. We wish them comfort and health.



Jim Gaines—Artist’s Model

For several weeks Jim Gaines had the honor and pleasure of being a paid model for local artist Mary Muller’s students. Jim and Ms. Muller attend the same church, and that is how they became acquainted.

Mary Muller has been painting for 50 years; her artwork hangs in the Iowa State Historical Building, the Drake Law Department, Iowa State’s Ag building and many other places. She painted Iowa Governor Terry Branstad’s portrait, which hangs in the Iowa State Historical Building.

Jim said Ms. Muller told him to wear whatever he wanted. The first session he wore a suit but dressed casually for subsequent sessions. He was asked to sit in a chair on the stage in Ms. Muller’s classroom. He was told to strike a pose and hold it for 5 minutes. Then he was to change poses and hold one for another 5 minutes. He did this every 5 minutes, for a total of 20 minutes. At the end of 20 minutes, he left the stage and went to the break room for coffee and cookies. After his break, back on stage for another 20 minutes.

Jim said it was informal and thoroughly enjoyable. Ms. Muller is looking for new models. If you are interested, contact Jim Gaines.



Our Wonderful Member Services Staff

Member Services staff help us every day. We've previously featured Office Manager Mary Cummins and our shuttle driver, Debbie Church, and now we'd like to share a bit about others on Mary's team. In addition to manning the front desk, they handle many tasks behind the scenes. Our thanks to each and every one of them for their cheerful assistance, and for all the things they do for us, including security. We couldn't get along without them! Here they are, with their shifts.



Ernest Foster

Tuesday, Wednesday, and
Saturday, 3 to 11 PM

Ernest has worked with us for nearly two years. He lives in Windsor Heights with his wife, Roxanne. They have four children—2 girls and 2 boys. Ernest enjoys jazz and spending time outdoors.



Angie Heitman

Monday to Thursday,
11 PM to 7 AM

In addition to her front desk work, Angie works in the dining room on Sundays. She's been with us for five years. Angie lives in Des Moines, where she enjoys going to the pool and spending time with friends.



Sheila Spellman

Friday, Saturday, and Sunday,
11 PM to 7 AM

Sheila lives in West Des Moines. Her four grandchildren provide her entertainment! She also has a daughter, a son, and a great-grandchild. For a while, Sheila worked in our lounge and dining room part time, but since 1995 she's worked here fulltime.



Debbie Church

Thursday and Friday,
3 to 11 PM

Debbie provides the Lodge's free shuttle every Thursday, along with serving on the Member Services team.



Cheryl VanElsen

Saturday and Sunday,
7 AM to 3 PM

Cheryl began working on the Member Services team in 2019. She lives in Pleasant Hill, and has a son, a daughter, and five grandchildren.



Rick Zingerman

Sunday and Monday,
3 to 11 PM

Rick lives in Des Moines. He has served on the Member Services team for almost seven years now.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY



August 2024 Activities

4

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

5

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

6

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

7

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 - Ice Cream Floats
6:00 Bridge, Pepper

11

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

12

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

13

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

14

8:00 Exercise
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

18

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

19

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

20

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

21

8:00 Exercise
10:00 Grounds Committee
10:00 Women's Pool
1:00 Men's Pool
1:00 Mah Jongg
2:00 Fun in the Lounge - Build Your Own Yogurt
6:00 Bridge, Pepper

25

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

26

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

27

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

28

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

THURSDAY

1

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

8

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

15

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

22

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 Co-Ed Pool Tournament
 4:00 Bible Study
 6:00 Oh Shoot, Up and Down the River
 6:00 Pitch
 6:15 Dominoes

29

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 Men's Pool
 4:00 Bible Study
 6:00 Oh Shoot, Up and Down the River
 6:00 Pitch
 6:15 Dominoes

FRIDAY

2

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

9

8:00 Exercise
 10:00 Women's Pool
10:15 Cornhole Tournament
1:00 Billiard Belles
4:00 Friday Frolics
 6:00 Duplicate Bridge

16

8:00 Exercise
 10:00 Women's Pool
10:15 Cornhole Tournament
 1:00 Men's Pool
4:00 Friday Frolics
 - CW Smith
 6:00 Duplicate Bridge

23

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

30

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

SATURDAY

3

Beauty Shop
 2:00 Hearts
 6:00 Bridge

10

Beauty Shop
 2:00 Hearts
 6:00 Bridge

17

Beauty Shop
 2:00 Hearts
 6:00 Bridge

24

Beauty Shop
 2:00 Hearts
 6:00 Bridge

31

Beauty Shop
 2:00 Hearts
 6:00 Bridge



Pop Tabs at the Lodge

As you likely know, Ronald McDonald House Charities of Central Iowa (RMHC) offers parents of critically ill children lodging at little to no cost, so that families can stay together. At their two House locations, one inside MercyOne Children's Hospital and one near Blank Children's Hospital, families are only steps away from their children. RMHC offers a meal program, comfortable community spaces, laundry facilities, playrooms, and more. RMHC provides more than 8,000 overnight stays a year, and families are not charged for their stays. Although some families make a small donation, perhaps \$10 per night, the actual cost is more than \$100.

One way to help RMHC cover these costs is their pop tab collection program. People save and donate the small tabs on the tops of their soda pop cans, energy drinks, soup cans, or anything with a metallic tab. RMHC then sells the donated tabs for recycling. Although it might seem strange that such little things can be worth donating, this program brings in an average of \$3,000 per year. Last year people in our area donated approximately 7.1 million pop tabs, amounting to \$4,436! These funds, generated from recycling the aluminum tabs, help offset the House's expenses.

Here at the Elite Lodge of Ashworth, longtime resident Dorothy Wilson spearheaded our own participation in the program. We are sad that Dorothy is no longer living at the Lodge, but Ingrid Kaut, Mary Anne Critz, and Gary Wheeler have taken it upon themselves to carry on in her honor. Recently the Lodge donated three 3-gallon plastic bags of tabs (yes, that's 9 gallons!), pictured here. Gary and Mary Anne encourage us to continue to put our tabs in the jar at the hostess desk at the entrance to the dining room, or if you're not able to deliver them there, call Mary Anne or Gary and they'll be happy to pick them up at your suite.



Lodge Notes

We've been asked to mention a problem that could use the help of some of our Members who own dogs. Unfortunately, we've lost some expensive plants because some of the dogs have frequently urinated on them. When you have your dog outside on the grounds, please guide them away from trees, shrubs, and flowers. Remember, our dog park at the northwest corner of our grounds provides a place where your dog can take care of business and also run free. Thank you for your help!

Pool Champs



Billiard Belles: July Winners
Barbara Geller
and Norma Hilton



Co-Ed: June Winners Bev Howe
and Sonny Satre

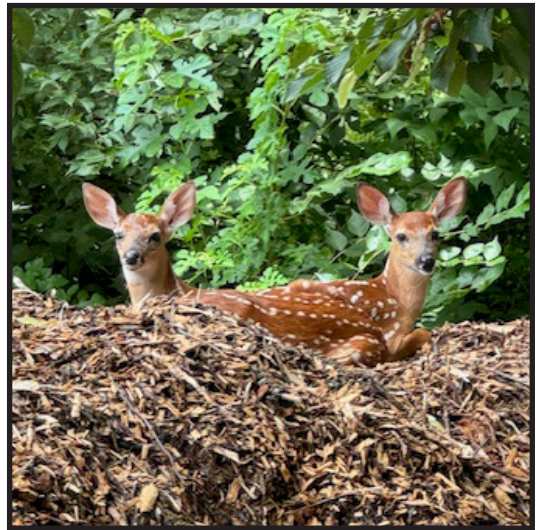


Men's 8-Ball: July Winner
Hal Gronewold and Runner-Up
Bernie Terhaar

Around the Lodge



Stan Farnham's 94th Birthday



**Our fawns, resting on the wood chip piles
at the north entrance of Building 915**

A Warm Welcome to our Newest Member!

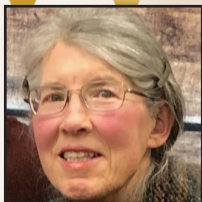


**Linda
Mitchell
927/204**



Our deer, taken on July 24

August Birthdays



**Colleen
Payne
8/8**



**Judith
Linden
8/10**



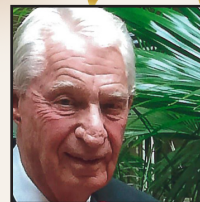
**Dave
Rongerude
8/11**



**Lester
Cadwell
8/12**



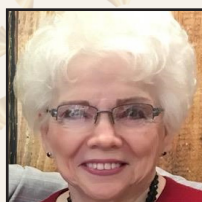
**Kathleen
Means
8/16**



**Chuck
Linden
8/21**



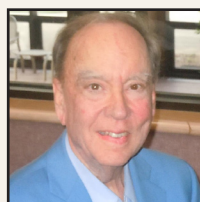
**Dick
Chavannes
8/21**



**Dena
Hiatt
8/22**



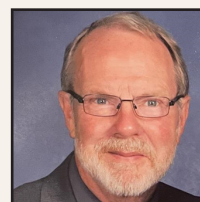
**John
Swift
8/22**



**Fred
Peters
8/26**



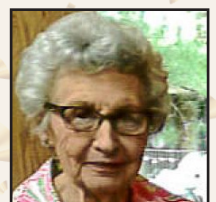
**Dong-Pok
Hyon
8/27**



**Dick
Clark
8/30**



**Nolden
Gentry
8/30**



**Eleanor
Carlson
8/31**

Skydiving Adventure!



Bunny Fox and her instructor

leisurely floated down the remaining 5,500 feet to the landing area.

Is this safe? In 2023 there were 10 skydiving related fatalities in the United States out of an estimated 3.65 million skydives (less than 3 per million, which includes high-risk sports jumpers). A tandem freefall skydive is far safer than these numbers, and the Des Moines Skydivers have never suffered a fatality. Bunny chose a great way to experience the incredible sensations of freefall and canopy (parachute) flight. Well done, Bunny!



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LODGE
OF ASHWORTH
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