



Manager's Musings

Independence is a cherished value, especially for our members who have chosen this lifestyle. July, with its celebration of Independence Day, serves as a poignant reminder of personal freedoms. For many, it's an opportunity to reflect on their life journeys, the choices they've made, and the independence they continue to enjoy. We hope as you reflect that it brings a deep sense of gratitude and accomplishment.



Dirk Roghair
General Manager

Member Spotlight



Artis Reis and Mark Smith
927/201

Another advantage of living at the Elite Lodge of Ashworth is the opportunity for residents, mainly retired from various occupations and backgrounds, to meet and become friends. Recent additions include two retired attorneys, Artis Reis and Mark Smith. Both Artis and Mark have practiced law in several different settings.

Artis grew up in Monroe, Iowa, and Mark was born and raised in New Hampton, Iowa. Mark earned his BS from the University of Notre Dame and his law degree from Drake University.

Artis has her BS and master's degree in Social Work and her law degree, all from the University of Iowa.

Artis is a retired State Administrative Law Judge and District Court Judge. She was also appointed by the Governor to head the Iowa Civil Rights Commission for five years in the past. She has been in private legal practice with Mark in recent years. In addition to general law practice, Mark has been a State Public Defender and Appellate Defender. He has also taught in the Drake University Law School, and he has lobbied in the State Legislature.

Mark and Artis have been married for 29 years, and they have lived in Des Moines for many years. They each have one adult daughter, and Artis has two college-aged grandsons.

Mark's leisure activities include reading, trivia, golf, and biking. He has been sidelined recently as he awaits hip surgery. Artis is involved with her church activities, the Bar Association, women's groups, and exercise. Both of them enjoy attending plays and eating out. In past years they have especially enjoyed travels to Hawaii and Europe, and many cruises.

Artis and Mark report that they are happy to live at the Elite Lodge of Ashworth and both like it here. We are glad to have them with us!

Member Spotlight



Barb Vandevanter
927/308

We welcome Barbara Faye Vandevanter to our Elite Lodge! Barb was born in Decatur, Nebraska, and attended schools in Nebraska. She was a Home Economics major in college, attending the University of Nebraska, the University of Iowa, and Midland College.

Barbara has lived in Nebraska, Wisconsin, Indiana, and Iowa. A favorite residence in Iowa was Lake Panorama, where they lived for 20 years. She moved to the Lodge from Wauke.

Barbara has 3 children: Robin, a daughter, who lives in Johnston, a son Kevin who lives in Sun Valley, Iowa, and her son Scott who lives in North Carolina. Of course, she is proud of them all!

Barb's hobbies are so interesting! She weaves, does card creations, sews (she has made quilts for her children), and makes toothbrush rugs. A toothbrush rug—also known as an Amish rug or rag rug—is made from scraps of fabric using a tool made from an old toothbrush. These beautiful rugs can have diverse patterns including quilting, patchwork, and crochet. In this way old materials can be recycled so nothing is wasted. What a useful hobby!

God and church are dear to Barbara. She attends the Valley United Methodist Church and sings in the choir. She is grateful—especially in the winter—that her church and the Lodge are so close to each other.

Barbara speaks with love of the years when she and her husband, Bob, camped—first in a tent, then a pop-up, and finally, a camper, throughout the United States. Bob passed in December 2022, and while Barb is so grateful for their years together, she can't help but wish he had had more years with their 16 grandchildren and 9 great-grandchildren. Barbara says she and Bob visited Alaska, France, and Italy—their most adventurous travels, and so joyful!

When asked to share her philosophy of life, Barbara's words were wise: Be kind, work hard, and keep God by your side through it all.

Lodge Notes

The last Thursday morning of each month is Donut Day! At 9:30, free donuts and coffee are offered in the Lounge in addition to the continental breakfast served daily in the Coffee Bar. This is just one item you'll find if you check out the calendar for the month, found in the middle of the newsletter for easy viewing.

All Members recently received a memo on the Memorial Fund. As a clarification, if a Member wants to donate to this fund, the check is made payable to the Elite Lodge of Ashworth, and the amount is deposited into a separate account held for this particular fund, rather than being combined with Lodge funds. Upon the death of a Member, whether or not they have made a donation to the Memorial Fund, a payment of \$50 is made from this fund to a designated recipient, which is usually a charity or a church. As a Member, you can let Louise Patrick know your preferred recipient now, and she will keep it on file. If the deceased Member hasn't done this, the family can designate, either by direct communication with the Lodge or by direction in an obituary to send funds to such-and-such a charity, church, or other organization. Unfortunately, sometimes there is no designation, so we're unable to honor the deceased Member with a remembrance in their name. We encourage you to let Louise know if you would like a donation to be made in your memory to an organization of your choice.

Independence Day

Soon it will be July 4th, the day we celebrate our declared independence from the British Crown and country. What were we like back then? Here are some answers.

- * The first public 4th of July event at the White House took place in 1801 when Thomas Jefferson was President. Celebrations included music, food, and horse racing!
- * In 1776 the population of the U.S. was 2.5 million. The population today is about 340 million.
- * The youngest signer of the Declaration of Independence was Edward Rutledge, who was 26.
- * The battles of Lexington and Concord were the first battles in the Revolutionary War.
- * France, Spain, and the Netherlands were also involved in this war.
- * It is believed that 200 original copies of the Declaration of Independence were printed.
- * It is technically a violation to wear the American flag as a piece of clothing.
- * Every year on the 4th of July, the cracked Liberty bell is tapped 13 times—one tap for each of the 13 colonies.
- * There have been 27 different versions of the U.S. flag.
- * John Hancock was the first person to sign the Declaration of Independence. He signed his name large so that King George III would be sure to see it.
- * Apple pie has been a staple American dessert since the 1700s.
- * When the Revolutionary War broke out in 1775, few colonists wanted complete independence from Britain.

Although a slave owner, Thomas Jefferson was strongly opposed to slavery. When he wrote the Declaration of Independence, he included a paragraph abolishing slavery. The Founding Fathers insisted that the paragraph be removed. Many of the Southerners had large plantations, and some of the Northerners benefitted from the slave trade. Per historian Willard Sterne Randall, here are some of Jefferson's words about King George III, who Jefferson blamed for slavery: "He had waged cruel war against human nature itself, violating its most sacred rights of life and liberty in the persons of a distant people who never offended him, captivating and carrying them into slavery in another hemisphere, or to incur miserable death in their transportation thither."

Jefferson would be proud of us today. There is no more slavery, and we are working hard to abolish prejudice. I pray that somewhere, somehow, Jefferson knows.

The Flag on the Lounge Wall



Bill Oxley's dad was a "radioman" in World War I. Gunners fired artillery, and pilots in those World War I open cockpit planes watched to see where the shells landed. Pilots then sent messages in Morse Code to the radiomen in the artillery units saying things like "a little more to the left." The radiomen relayed these messages to the unit commanders. Bill's dad excelled at his job and was promoted to morse code instructor.

After the war he returned to Des Moines and lived out his life. The flag on the Lounge wall is the one that was on his casket and given to Bill's mom when he was buried with veterans' honors. The American flag is folded into a tri-corner shape to resemble the hats worn by soldiers in the Continental Army during the Revolutionary War.

Thanks to Bill for sharing this meaningful and beautiful flag with us as we celebrate our country's nationhood.

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 *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 *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
10:00 **Strength Exercise (This week ONLY)**
11:00 **Liaison Meeting**
1:00 Men's Pool
1:00 Cribbage
3:45 Table Talk

9 8:00 Aquatic Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Cribbage
3:45 Table Talk

16 8:00 Aquatic Exercise
10:00 Women's Pool
11:00 **Goodcare AtHome REHAB Presentation**
1:00 Men's Pool
1:00 Cribbage
3:45 Table Talk

23 8:00 Aquatic Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Cribbage
3:45 Table Talk

30 8:00 Aquatic Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Cribbage
3:45 Table Talk

3 8:00 Exercise
10:00 Women's Pool
10:00 **Communion in the Conversation Room**
1:00 Men's Pool
1:00 Mah Jongg
4:00 **Wacky Wednesday - The Bar is Open!**
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 - Ice Cream Floats**
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
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 - Ed Peterson**
6:00 Bridge, Pepper

31 8:00 Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Mah Jongg
2:00 **Fun in the Lounge - Surprise!**
6:00 Bridge, Pepper

THURSDAY

4



10:00 Shuttle: Hy-Vee, Fareway,
& Walmart
6:00 Up and Down the River
6:15 Dominoes

11

8:00 *Beauty Shop & Dry Cleaners*
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**
1:00 **Communion - Vicki Hertko**
(This week ONLY)
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
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**
10:15 Cornhole
1:00 Men's Pool
4:00 **Friday Frolics**
- **Pam Avaux**
6:00 Duplicate Bridge

12

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

19

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

26

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

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



JULY

04



July 2024 Activities

Barred Owls

A few days ago, Judy Dietrich was enjoying a lazy afternoon in her apartment reading. She looked up from her book to see two dark, very large, mystical eyes staring at her. They belonged to a beautiful, clearly curious barred owl sitting on her balcony railing. We should all be so lucky!

Another name for the barred owl is the hoot owl, and some Lodge Members have reported hearing “hoots” and answering “hoots” on Lodge grounds, leading to speculation that we may have a breeding pair. How delightful—baby owlets would be at our Elite Lodge! All three photos on this page were taken recently right here on our grounds.

The barred owl is native to eastern North America and has extended its range all the way to the Pacific Northwest. It is a large owl weighing 1.4 to 1.8 pounds.

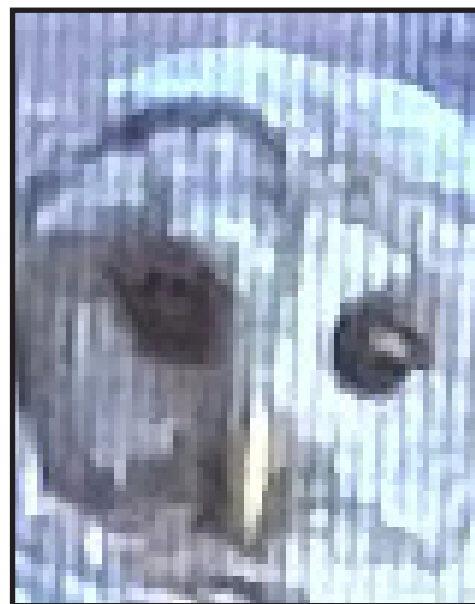
Barred owls are gentle, curious, and engaging. They can be almost tame in the wild unless they have chicks or owlets; then they are territorial and protective.

Barred owls are mostly active at night, but sometimes they hunt in the day. They are known for their hoots and maniacal laughter. Sometimes they yowl almost like a cat!

Mature forests are the preferred habitat of the barred owl, but they can live and thrive in open woodlands. They eat mostly small mammals, but they sometimes prey on birds and reptiles. They are

brown to gray in color with dark striping or bars on their undersides.

Banding studies have documented barred owls in the wild living from 18 to 24 years. They are sometimes killed by great horned owls, in hunting accidents, and inadvertently in traps for fur bearing animals. They can succumb to West Nile virus. In zoos, they have lived to 34 years. As Linda Day says, “Life at the Lodge is a hoot!”



Pool Champs



Billiard Belles: June Winners
Dorothy Dadisman and
Mimi Ferguson



Co-Ed: May Winners Mimi Ferguson
and Hal Gronewold



Men's 8-Ball: June Winner
Dave Proudfit and Runner-Up
Sonny Satre

Newsletter Committee



Kathy Ferguson



Christine Bermudez



Judy Dietrich

Kathy Ferguson, Editor, Christine Bermudez, and Judy Dietrich keep residents of The Elite Lodge informed. They are aided in bringing the news by volunteer photographers Stan Farnham and Dave Proudfit, with occasional submissions by numerous other Lodge Members.

The newsletter, which is published monthly, contains a message from General Manager Dirk Roghair, and information about activities, special events, residents, staff, and birthdays, as well as a calendar of events.

The newsletter staff meets twice a month: early in the month to talk over what articles will appear and who will write them and what pictures are needed to illustrate them. Toward the end of the month, they meet once more to proofread and make any necessary changes.

Lodge members are invited to submit ideas of what they would like to read about, as well as articles they may have written or pictures they may have taken. Some of the ideas that have come up are hobbies, travels, and contests. The staff seeks to produce a newsletter that will entertain Members and keep them informed about what's happening at the Lodge.

Contributed by Nora Kirchner

Newsletter Staff and Guests

Editor

Kathy Ferguson

Writers

Christine Bermudez
Judy Dietrich
Kathy Ferguson
Nora Kirchner

Photos

Nancy Chavannes
Dorothy Dadisman
Judy Dietrich
Stan Farnham
Kathy Ferguson
Mimi Ferguson
Dave Proudfit
Norma Wallin

**...and many other
contributing
Members.**

July Birthdays



**Dave
Kaus
7/1**



**Audrey
Nuss
7/2**



**Jim
Bell
7/3**



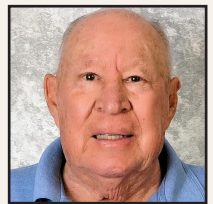
**Dick
Zolnosky
7/4**



**Bev
Howe
7/6**



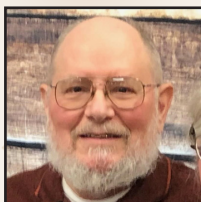
**Claudia
Swindler
7/6**



**Stan
Farnham
7/6**



**Jo
Fortney
7/7**



**Stephen
Payne
7/12**



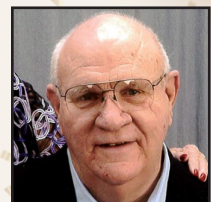
**Trisha
Peters
7/15**



**Darlene
Treanor
7/21**



**Beth
Lenstra
7/28**



**Dave
Moffitt
7/29**

Aquatics at the Elite Lodge of Ashworth

Another of the amenities for us to enjoy at the Elite Lodge of Ashworth is the lovely warm-water swimming pool, open daily.

A special use of the pool is the Aquatics Exercise instruction offered each Tuesday and Thursday morning at 8 AM. Sara Hunt is the instructor for a class of 6 to 12 voluntary participants. Aquasizing involves gentle full-body exercises performed in the water to use many muscles. It is especially healthy exercise for those who are aging, have back problems, or suffer from arthritis or other crippling conditions.

Sara Hunt grew up on a farm near the very small town of Dolliver in northern Iowa. She attended the University of Northern Iowa for a degree in Leisure Services and Fitness. Following graduation from UNI, she moved to the Des Moines area to work.



In the past, she was employed at the Iowa Methodist Hospital Wellness Center. She later started her own personal trainer business, got a massage therapy license, and became a holistic healer and detox specialist. She has led the Aquatic Exercise class at the Elite Lodge of Ashworth for several years.

Sara is single, has a boyfriend and a Maltese dog named Bella. She enjoys bike riding, golfing, and taking vacations. She has traveled to many places around the world, and plans to continue to travel as often as she can. We're glad that when she isn't traveling, she can be with us!



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ELITE
LODGE
OF ASHWORTH

