



Manager's Musings

Gratitude: With Thanksgiving approaching, let's cultivate an attitude of gratitude. What are the little joys we cherish daily? Perhaps it's a warm cup of tea with a friend, the laughter shared during game night, or a peaceful moment watching the leaves fall. Sharing our gratitude can foster deeper connections and remind us of the blessings we have.



Dirk Roghair
General Manager

Our Beloved Stan Farnham



The Elite Lodge of Ashworth welcomed Mary and Stan Farnham 12 years ago from retirement in Naples, Florida. Stan had had a serious stroke, and he wanted Mary to have a caring environment in the event of a fatal recurrence. Unfortunately, Mary passed due to a bad fall a year after they moved in. But Stan survived for 11 more years and became a much-loved member of our community. Some of us have wondered what Stan's life was like as a young and middle-aged man; what follows will answer that question. Along the way Stan and Mary became world travelers and had 6 wonderful children, 13 equally wonderful grandchildren, and at the time of Stan's death, 22 sublimely wonderful great-grandchildren!

Stan was born July 6, 1930, in St. Joseph, Missouri, in his Grandpa Farnham's house, delivered by Grandpa Kelly, a physician. He attended nine different schools before graduating from Marshall High School in Marshall, Missouri, in 1948. Two years of college followed before he enlisted in the Army during the Korean War. He became an officer—2nd Lieutenant—in the 11th Airborne Division—paratroopers! He loved being a paratrooper and celebrated his 80th birthday in Florida by jumping out of a plane!

After military service, Stan considered a law career, but decided on journalism instead. In 1959 he graduated from Drake University with a degree in journalism.

Stan then entered the business world, working in management. Two of the companies he worked for were Delavan Manufacturing and Sta-Rite Industries, where he became a Vice President. Eventually, he became self-employed as a "turn-around" CEO—a CEO who temporarily manages troubled and failing companies, turning them around so that they are successful and a permanent CEO can take over.

Back to the present: Stan has produced over 100 of his trademark "Just Saying" papers. We will miss them! For several years he produced, edited, and wrote for our monthly Newsletter. As of June 20, 2023, he had ridden 1,366 miles on his outdoor bike, and a week before he passed, he had ridden 398 consecutive days on his indoor bike!

Ride on Stan, ride on!

Thank You Grounds Committee!

The talented and hardworking members of the Grounds Committee of the Elite Lodge of Ashworth have wrapped up their work for 2024. Member accomplishments are too many to include, but here are some highlights. The photos don't do justice to the beauty of our grounds, but hopefully you enjoyed the real thing during the summer!

Barbara Bell, photo 1, has created an elegant area at the northeast corner of building 915-A. Sun-loving flowers and shade-loving plants create a peaceful space. In photo 2, we see Dick Day at our new fountain in the courtyard. Remember Linda Day's owl bookmarks? Funds raised went toward purchasing the fountain Dick selected, and the Lodge picked up the rest of the cost. The fountain is now in the lobby for the cooler months. Teri Campbell, photo 3, cares for a rhododendron bush and the lovely swamp hibiscus on the east side of building 947.

Photos 4 and 5 reflect the care Beverly and Matt Dengler give to the roses on the courtyard. So beautiful! Ingrid Kaut, photo 9, stands near the gorgeous front entrance flowers she cared for this summer. Mimi Ferguson, photo 10, worked hard replanting 60 vinca plants this spring, then watering and caring for them throughout the season. Photo 11 shows the pollinator garden, and photo 8 reminds us of the bee hotel that Jim Bell and Bob Treanor put up nearby.

We can't forget Jerry Eisenhour, photos 12 and 16, who has done so much great work all around our grounds. Photo 7 shows Jerry's motto! Ginny Albrecht, photo 13, brightens up the courtyard near building 915-B with flowers on her balcony, and she weeds and cares for plants in the ground there. Photo 14 shows us some of Sonny Satre's stunning display south of building 947. A group of committee members, photo 15, braved the July heat to clean up hostas on the east side of building 915. And in photo 17, we see how Carolyn Hasey and Gary Wheeler have carried on the work that Betty Baker began, enhancing the shady area west of the courtyard patio.

A resounding thanks to Committee Chair Trisha Peters and to all of the folks on the committee, who contributed to the beautification of our grounds while getting exercise, enjoying the fresh air, and using their creative abilities!

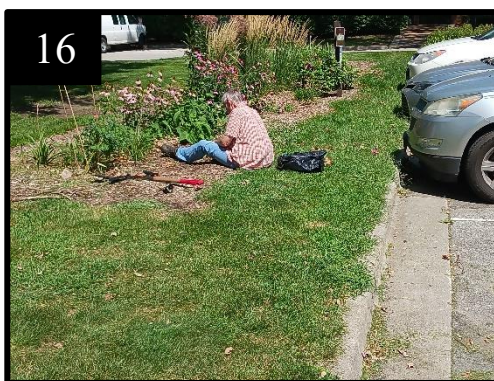
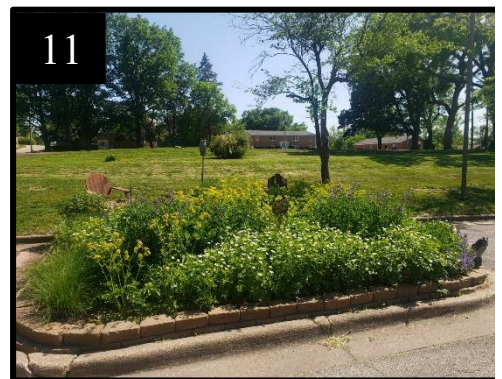
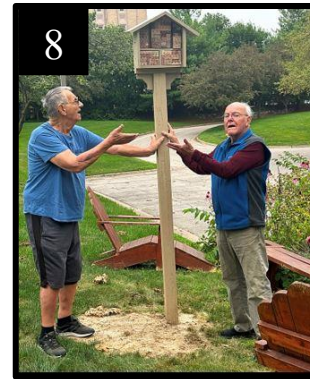
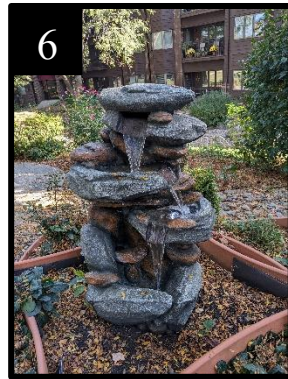
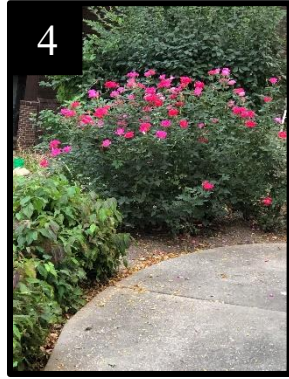


Front row: Trisha Peters, Gary Wheeler, Carolyn Hasey, Judy Swift, Ingrid Kaut, and Bev Dengler.

Second row: Dan Klann, Ginny Albrecht, Sonny Satre, Jo Fortney, Teri Campbell, Mimi Ferguson, Barbara Bell, and Jim Bell.

Not pictured: Dick Day, Jerry Eisenhour, June Klemme, Richard Chavannes, Sharon Schwemler, and Sue Dickman.

Thanks to Teri and the Elite Lodge for the wonderful refreshments!



SUNDAY

MONDAY

TUESDAY

WEDNESDAY



November 2024 Activities



3

DAYLIGHT SAVING TIME ENDS FALL BACK

REMEMBER TO TURN BACK THE CLOCK.

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

Election Day

8:00 Aquatic Exercise
9:00 Need a Ride to Vote?
Debbie Church will give rides from 9 to 11am
10:00 Women's Pool
11:00 Liaison Meeting
1:00 Men's Pool
1:00 Cribbage
3:45 Table Talk

6

8:00 Exercise
10:00 Women's Pool
10:00 Communion-
Conversation Room
10:30 Downsizing Seminar
1:00 Men's Pool
1:00 Mah Jongg
2:00 Fun in the Lounge
- Healthy Snacks
6:00 Bridge, Pepper

10

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



12

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

13

8:00 Exercise
10:00 Women's Pool
1:00 Men's Pool
1:00 Mah Jongg
2:30 Welcome
New Members
in the Lounge
4:00 Wacky Wednesdays
- The Bar is Open
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
11:00 Goodcare AtHome
REHAB Presentation
1:00 Men's Pool
1:00 Cribbage
3:45 Table Talk

20

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

24

11:30 Thanksgiving
Dinner
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
3:45 Table Talk

27

8:00 Exercise
10:00 Shuttle: Hy-Vee,
Fareway & Walmart
10:00 Women's Pool
1:00 Men's Pool
1:00 Mah Jongg
2:00 Fun in the Lounge
- Dessert Pot Luck
6:00 Bridge, Pepper



THURSDAY

FRIDAY

SATURDAY



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 Communion- Vicki Hertko
 4:00 Bible Study
 6:00 Oh Shoot, Pitch
 6:00 Up and Down the River
 6:15 Dominoes

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

28 **HAPPY Thanksgiving**



1
 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

8
 8:00 Exercise
 10:00 Women's Pool
10:15 Cornhole Tournament
1:00 Billiard Belles
3:00 Stan Farnham
Celebration of Life Service
4:00 Friday Frolics
 6:00 Duplicate Bridge

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

22
 8:00 Exercise
 10:00 Women's Pool
 10:15 Cornhole
 1:00 Men's Pool
4:00 Friday Frolics
 6:00 Duplicate Bridge

29
 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

2
 2:00 Hearts
 6:00 Bridge

9
 2:00 Hearts
 6:00 Bridge

16
 2:00 Hearts
 6:00 Bridge

23
 2:00 Hearts
 6:00 Bridge

30
 2:00 Hearts
 6:00 Bridge



Our Excellent Kitchen Staff

We really do appreciate our fine kitchen food preparation staff! They cook and prepare each day's meals according to menus created by Dining Manager Jeff Rose. The food is always ready for us to make our choices from the buffet table at the noon and evening meals. They also maintain our breakfast nook with drinks, snacks, and fruit.



Eugenio Quintana

Eugenio always has a warm, friendly, helpful word and smile. He lives in West Des Moines and has cooked at the Elite Lodge for four years. Eugenio's main hobby is rock collecting and identification, especially Iowa's state rock, the geode. He also enjoys his wife Teri's five adult kids and 17 grandkids.



Paul Deuel

Paul is a quiet, self-contained man who has cooked at the Elite Lodge of Ashworth for 15 years or more. He likes to cook and enjoys his work here. Paul lives in Des Moines, and like so many of us at the Lodge, Paul is a cat owner who enjoys his cats. He is also an avid birdwatcher. What an interesting hobby!



Andrea Vocca

Andrea started working at the Elite Lodge in 2008—16 years ago. He is now working part-time after having retired. We like him and need him and we're glad he's back! He likes working here because "it is a very friendly place." Interesting fact: Andrea is originally from Rome—the beautiful Eternal City!

Cornhole Champs



**October Cornhole Tournament:
Winners Roy Hanson and Dan Klann**



Pool Champs



**Billiard Belles: October Winners
Dorothy Dadisman
and Judy Roberts**



**Co-Ed: October Winners Sharon Schwemler
and Bernie Terhaar**



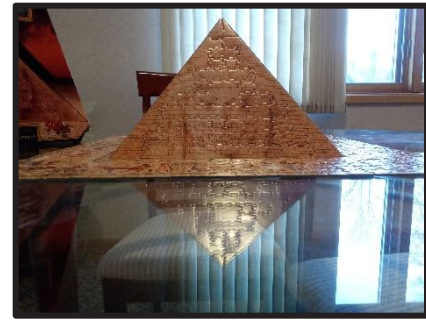
**Men's 8-Ball: October Winner Dave
Proudfit and Runner-Up Sonny Satre**

Around the Lodge

Members gathered in October for our quarterly meeting with General Manager Dirk Roghair. Dirk shared updates on numerous Lodge issues, and then responded to questions from the crowd. It was an enjoyable and information-filled meeting.



Mark and Darlene Pullen and others have put together an amazing three-dimensional puzzle on the third-floor lobby of Building 927. If you have an opportunity to check it out you can see it for yourself. It's amazing!



A Warm Welcome to our Newest Member!



**Richard
Barry**
907/207



We spotted this puzzle in Building 915

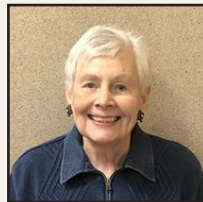
November Birthdays



**Nancy
Chavannes**
11/11



**Susie
Moffitt**
11/17



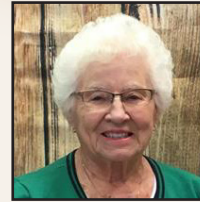
**Janet
Power**
11/21



**Barbara
Geller**
11/23



**Mary
Henderson**
11/27



**Marylin
Prendergast**
11/29



**Donna
Seliger**
11/29

Thanksgiving 2024

We know the story of the first Thanksgiving—the Pilgrims and the generous Native Americans. But what is Thanksgiving like in 2024? How do we celebrate this iconic American holiday today?

- Today we celebrate Thanksgiving with the same foods: turkey, white and sweet potatoes, squash, pumpkin, corn, green beans, and cranberries. But there's a major difference in quantity—we consume around 763 million pounds of turkey!
- Organizations in almost every American town and city provide Thanksgiving dinners for the poor. Citizens contribute money and food for the dinners, and take time away from their own Thanksgivings to serve the dinners.
- Thanksgiving is considered the beginning of the winter holiday season.
- Many families put up their Christmas trees the day after Thanksgiving.
- In 1887, the nation's oldest Santa Claus parade was held the day after Thanksgiving in Peoria, Illinois.
- The tradition of NFL football games being played on Thanksgiving began over 100 years ago, in 1920!
- John F. Kennedy began the tradition of pardoning a turkey, and George H.W. Bush formalized turkey pardoning in 1989.
- Fifty-four million Americans are expected to travel for Thanksgiving in 2024.
- Thanksgiving is the most important holiday of the year, as it is celebrated by 85% of Americans. No doubt this is because it is a secular holiday.
- Finally—the statistic we have all been waiting for—the average American consumes 4,500 calories on Thanksgiving Day! Obviously, there are no calorie counts available for the first Thanksgiving, but I'm sure everyone ate as much as was available and possible! Happy Thanksgiving!

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