

## DATES TO REMEMBER:

2019

- 1<sup>st</sup> – 1:00 PM on Friday – **Go Red for Women Fashion Show** in Social Center – see article on page 3
- 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> – 1:00 PM on Fridays – **Cards** in Hawn Center
- 2<sup>nd</sup> – 2:00 PM on Saturday – **Mari Harris** performing in Social Center  
The 10 Days of Kindness initiative brings a fun and engaging piano concert to our campus!
- 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> – 9:00 AM on Mondays – **Morning Coffee** in Social Center
- 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> – 9:00 AM on Mondays – **Listening Post** in Social Center
- 4<sup>th</sup>, 18<sup>th</sup> – 1:00 PM on Mondays – **Bingo** in Social Center
- 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> – 1:00 PM on Tuesdays – **Knitting** in Hawn Center
- 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> – 2:00 PM on Tuesdays – **Men's Pool** north of Hawn Center
- 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> – 2:00 PM on Tuesdays – **Fareway Grocery Store** – If interested, please call the Administration Office at 236-7592 by **noon on those days** to reserve a seat in the van.
- 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> – 6:30 PM on Tuesdays – **Social Security Game** in Hawn Center
- 6<sup>th</sup> – 12:00 PM on Wednesday – **Seeland Park Dinner** in Social Center – rescheduled from January 30<sup>th</sup>
- 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> – 1:00 PM on Wednesdays – **Hand & Foot Card Game** in Hawn Center
- 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> – 2:00 PM on Thursdays – **Men's Pool** north of Hawn Center
- 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> – 2:00 PM on Thursdays – **Fareway Grocery Store** – If interested, please call the Administration Office at 236-7592 by **noon on those days** to reserve a seat in the van.
- 11<sup>th</sup>, 25<sup>th</sup> – 1:00 PM on Mondays – **Dominoes** in Social Center
- 13<sup>th</sup> – 9:30 AM – **Senior Chamber** in Social Center
- 14<sup>th</sup> – 8:30-10:30 AM – St. Francis Manor's **Annual Valentine's Social & Bake Sale** in Social Center – Freewill donations for donuts, rolls, coffee, and orange juice. All donations will benefit the Activity Department at St. Francis Manor.
- 14<sup>th</sup> – 2:00 PM on Thursday – **Bible Study** at Evelyn Navara's, 815 Turnberry Drive
- 15<sup>th</sup> – 6:00 PM – **Tim's Party** in Social Center – see details on page 6  
*RSVP by February 6<sup>th</sup> to your Phase Volunteer*
- 21<sup>st</sup> – 11:00 AM – **Lunch Outing** at Comeback Cafe – 901 Main St.  
*RSVP by February 6<sup>th</sup> to your Phase Volunteer*
- 22<sup>nd</sup> – 10:00 AM on Friday – **Ecumenical Communion** in Dining Room
- 22<sup>nd</sup> – 6:30 PM on Friday – **Hymn Sing** in Social Center
- 27<sup>th</sup> – 12:00 PM on Wednesday – **Seeland Park Dinner** in Social Center  
*RSVP by February 6<sup>th</sup> to your Phase Volunteer*
- Sunday Church Services** at 2:30 PM: 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> in Assisted Dining Room





# February Birthdays

- |                                    |                                  |  |
|------------------------------------|----------------------------------|--|
| 9 <sup>th</sup> - Dona Hendrickson | 22 <sup>nd</sup> - Keith Bailey  | 27 <sup>th</sup> - Madolyn Braley        |
| 11 <sup>th</sup> - Mary Eggman     | 23 <sup>rd</sup> - Linda Doane   | 28 <sup>th</sup> - Mary Lou Van De Walle |
| 11 <sup>th</sup> - Joan Milburn    | 26 <sup>th</sup> - Chris Ullrich | 29 <sup>th</sup> - Vivian Plate          |
| 12 <sup>th</sup> - Marilyn Finch   |                                  |  |

## FEBRUARY

### PHASE VOLUNTEERS

- Phase I - Shirley Hanssen, phone 236-1282  
 Phase II - Fran Bowers, phone 236-6921  
 Phase III - John & Lucy Green, phone 236-3712  
 Phase IV - Jolene Jones, phone 236-7150  
 Phase V - George & Darlene Durand, phone 236-0329  
 and Barbara Hanssen, phone 236-3733  
 Phase VI - Gregg & Diane Hawkins, phone 236-3952  
 Plexes - Janet Holcomb, phone 236-5079  
 and Ruth Jones, phone 236-5329

### Upcoming Grinnell Regional Medical Center SE\*ED Program

The SE\*ED programs are held from 10-11 AM at the Drake Community Library, Fifth and Park Streets in Grinnell. The programs are free and open to the public. No reservations are required and refreshments are available.

**Feb. 11<sup>th</sup>**      **“Medicare: What Preventative Services does it Cover?”**  
*with Brenda Peck, Billing Coordinator and JoAnn Salsman, Revenue Cycle Director, GRMC*

### St. Francis Manor & Seeland Park Board Members

Rose Osland, *Chair* • **Fran Conn**, *Vice Chair* • **Hutch Kracht**, *Secretary-Treasurer* • **Kent Brown**  
**Sammi Bryan** • **Mark Mawe** • **Matt Peiffer** • **Gary Shebeck** • **Mike Thorndike** • **Nancy VanTomme**

#### **Seeland Park Advisory Committee Update**

The Seeland Park Advisory Committee wishes to thank Ruth Palmer and Bob Terlouw for their many years of service to the committee. New members joining the Advisory Committee are Judy Blythe, Phase I and John Green, Phase III. This committee is the liaison between Seeland Park management and Seeland Park residents. The Advisory Committee members periodically review and revise the Supplemental Rules & Regulations of Seeland Park. If you have concerns or items that you think need to be addressed, please contact one of your Phase representatives:

- |           |   |
|-----------|---|
| Phase I   | Judy Blythe, Gladys Booth, Roger Erickson |
| Phase II  | Sue Baker, Betty Niday, Dale Selix        |
| Phase III | Jim Bair, Louise Crews, John Green        |
| Phase IV  | Jack Hendrickson, Carol Jordan            |
| Phase V   | John Westercamp, Wilma Wilson             |
| Phase VI  | Gregg Hawkins                             |

## Celebrate “National Wear Red Day”



A Go Red for Women Fashion Show will be hosted by St. Francis Manor & Seeland Park on **Friday, February 1 at 2 PM** in recognition of National Wear Red Day. This fun-filled red-hot event is open to the public and will be held in the Social Center.

Eight Seeland Park ladies will be modeling red-inspired fashions from the Christopher & Banks' clothing store in Williamsburg, including Paula Bard, Judy Blythe, Mary Eggman, Sharon Falck, Gwen Rieck, Twila Rosenow, Shirley Sieck and Jan Veach. Following the Fashion Show, clothing from Christopher & Banks will be available for purchase. Attendees can also enjoy heart-healthy snacks prior to the style show.

To save lives and raise awareness of heart disease which is the No. 1 killer of women, the American Heart Association launched Go Red for Women in 2003. Women are encouraged to wear red, raise their voices, and make healthy lifestyle changes to live longer, happier and healthier lives!

“We are excited to host this event to help people become more aware of heart disease and what steps they can take to prevent it,” said Fitness Director Kayla Faas. “Many women don’t know how big of a problem heart disease is. Our Go Red event brings women together to spread awareness about this silent killer.”

Wear red to the fashion show and you could win the “Rockin Red Lady” event prize!

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With the Hammond Center opening soon, I want to let everyone know that you will need to fill out a Health History and Physical Release form before using the walking track, fitness classes, fitness equipment and the aerobics room. Please contact me at 641-269-5424 or stop by my office to get the forms. Thanks!

~ Kayla Faas, Fitness Director



## Broken Pipe Causes Flooding

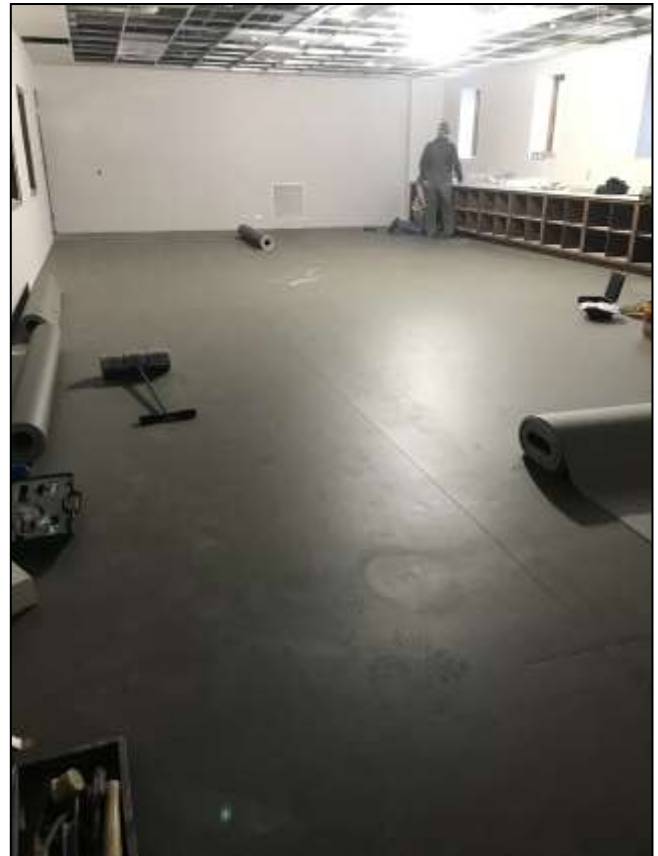
On January 21st the Administration Offices including the Board and Conference Rooms were flooded after a pipe from the sprinkler system broke. The water was removed immediately, but unfortunately there is extensive water damage including the loss of four computers. Repairs will continue over the next several weeks. The administrative staff have temporary working stations throughout the building. If you need to come to St. Francis, please continue to use the main St. Francis entrance and go to the Home Health/Payroll Office which is directly west of the main lounge. Thank you for your understanding during this process and a special thanks to all of our phase volunteers for assisting in getting messages out to our campus in absence of our phone tree!

~ *Tiffany Criswell*, Administrator/ RN



## Hammond Center Update

We're getting close! As flooring is being installed on all levels, we are anticipating the delivery of furniture and the fire marshal's inspection in mid-February.



ST. FRANCIS MANOR FOUNDATION—Assisted Living Building Campaign Update  
 The donor list below reflects gifts received between December 27, 2018 and January 31, 2019. To date, we have received donations totaling \$951,140.00. In addition, we have \$33,212.00 in pledges that are expected to be paid between now and year 2021. For more information about how you can help us complete the Hammond Center for Assisted Living, please contact Dion Schrack at (641) 236-7592.

**Kintzinger Family Match**

Anonymous  
 Sue Baker  
 Jeff and Tiffany Criswell  
 Randy and Lori Glosser  
 Kayla Lint  
 Norm and Vickie Miller  
 Eleanor Osland  
 Dr. David and Carol Smith  
 Molly Urfer  
 Village Decorating Studios

**In memory of Iris Palmer**

Ed and Bev Hatcher

**In memory of Floyd Heishman**

Sheri Windschill

**In memory of Marj Casey**

Madolyn Braley  
 Keith and Susan Cheney  
 Gwen Rieck  
 Cindy Strobel

**Kintzinger Family Match**

**In memory of Grace Port-Hagedorn**

Marilyn Fenner  
 Ellen Jantzen  
 Wilma Watkins

**In memory of Lee Hauser**

Marcia Braley  
 Betty Hammond  
 Irene McCulla

**In memory of Helen Johnson**

Darrell and Joyce Ashby  
 Scot and Kelly Burns  
 Louise Crews  
 Cindy Strobel

**In memory of Don Starnes**

Russ and Sheila Sadler

**In memory of Delmar Larsen**

George and Darlene Durand  
 Betty Hammond  
 Jolene Jones

**Additional Assisted Living Donations  
 (pledged or donated prior to match)**

Rosie Schrack  
 Bob Terlouw

**In memory of Grace Port-Hagedorn**

Dion and Shelley Schrack  
 June Watkins

**In memory of Helen Johnson**

June Watkins

**In memory of Marj Casey**

Dion and Shelley Schrack

**In memory of Delmar Larsen**

Dion and Shelley Schrack  
 June Watkins

**In memory of Don Starnes**

Dion and Shelley Schrack

**FOUNDATION DONATIONS**

**Furniture Fund**

Jeff and Tiffany Criswell

**Unrestricted**

Anonymous  
 Jeff and Tiffany Criswell  
 Joyce Doonan



**Employees Donate \$43,565  
 to SFM Foundation!**

A huge shout out to the following employees who donated to the St. Francis Manor Foundation either by check or through payroll

deduction during calendar year 2018: Leona Bodensteiner, Sammi Bryan, Kelly Burns, Fran Conn, Tammy Creps, Tiffany Criswell, Lori Glosser, Lucy Green, Betty Hammond, Larry Hoch, Vickie Miller, Denise O’Polka, Dion Schrack, Rosie Schrack, Shelley Schrack, Cindy Strobel, Jamie Vogel and June Watkins. Your generous donations totaling \$43,565 are very much appreciated and benefited the LiteGait Fundraiser and/or the Hammond Center for Assisted Living Building Campaign.



# Valentine's Party

**When:** Friday, February 15, 2019 at 6:00 PM

**Where:** Social Center

**Menu:** Cavatini (spiral pasta with meat sauce), breadstick, Caesar salad and Valentine cookie

## **Theme:**

Here is your chance to wear your favorite valentine or red, pink and white attire!

## **Entertainment:**

We are excited to have the M-tunes back this year. The M-tunes are a barbershop quartet from Marshalltown that will be singing love songs in four-part harmony to all the ladies (and gentlemen)!!!

## **RSVP:**

Please contact your Phase Volunteer by February 6th if you plan to attend Tim's party.

Come out and join us for great fun, food, and fellowship!!!

*Thank you to Phase IV for organizing volunteers for this party!!!*





S.H.A.P.E. fitness classes are free to Seeland Park residents and open to non-Seeland Park residents for a \$25 monthly fee. To enroll in a class, please contact Kayla Faas at 269-5424. See the S.H.A.P.E. Fitness Class Calendar on reverse side for dates and times of classes.

## S.H.A.P.E. CLASS DESCRIPTIONS

**S.H.A.P.E. 1** – A 45-minute class that works at moderate to high intensity levels. The class will address and improve participant’s flexibility, balance, cardiovascular endurance, strength, coordination, and front-to-back and side-to-side movements.



**S.H.A.P.E. 2** – A 45-minute class offered for those who like to work at a moderate intensity level. The class will be a combination of standing and seated exercises to enhance participant’s flexibility, balance, cardiovascular endurance, strength, and coordination.

**S.H.A.P.E. 3** – A 30-minute seated class that works at a low intensity level. The class will focus on maintaining and improving participant’s energy level, flexibility, range of motion, and strength.

**Better Balance** – A 30-minute class held on Mondays at 10:15 AM. This is a “No Falls Approach” to balance. During this class, participants will complete exercises from a seated position, as well as a few standing movements while holding onto a chair.

**Step In Line** – A 45-minute high energy choreographed class that meets on Tuesdays and Thursdays at 10:15 AM to learn basic line dancing steps and dances. This class will train your brain to remember choreographed steps and you will improve coordination and balance, enhance cardiovascular endurance and have fun—all at the same time!

**Wii Bowling Group** – The Wii gaming system is utilized for this entertaining hour-long activity in the Hawn Center on Wednesdays at 10:15 AM.

**Chair Yoga** – A 30-minute seated class for any fitness level on Wednesdays and Fridays at 9:30 AM. If you can breathe, you can do Yoga! Yoga focuses on stretching to increase flexibility and energy while reducing stiffness. Come give it a try!!