

SEELAND PARK NEWSLETTER



DATES TO REMEMBER:

May 30th – 9:00 AM – **Marketing Committee Meeting** in Conference Room

1st, 8th, 15th, 22nd, 29th – 10:00 AM on Saturdays – **Bocce Ball**

Bring a lawn chair and join us or just come watch the game!

1st – 2:00 PM on Saturday – **Movie, Popcorn & Pop** in Hammond Center Theater – *“The Wizard of Oz”*

3rd, 10th, 17th, 24th – 9:00 AM on Mondays – **Morning Coffee** in Social Center

3rd, 10th, 17th, 24th – 9:00 AM on Mondays – **Listening Post** in Social Center

3rd, 17th – 1:00 PM on Mondays – **Bingo** in Social Center

4th, 11th, 18th, 25th – 1:00 PM on Tuesdays – **Knitting** in Hawn Center

4th, 11th, 18th, 25th – 2:00 PM on Tuesdays – **Men’s Pool** in Hammond Center Game Room

4th, 11th, 18th, 25th – 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.

4th, 11th, 18th, 25th – 6:30 PM on Tuesdays – **Social Security Game** in Hawn Center

5th – 10:00 AM on first Wednesday – **Donuts and Coffee** in Social Center

5th, 12th, 19th, 26th – 1:00 PM on Wednesdays – **Hand & Foot Card Game** in Hawn Center

5th, 12th, 19th, 26th – 6:00 PM on Wednesdays – **Bocce Ball**

6th, 13th, 20th, 27th – 2:00 PM on Thursdays – **Men’s Pool** in Hammond Center Game Room

6th, 13th, 20th, 27th – 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.

7th, 14th, 21st, 28th – 1:00 PM on Fridays – **Cards** in Hawn Center

9th – 1:30-4:00 PM – **Seeland Park Summer Tour of Homes** – see details on page 3

10th, 24th – 1:00 PM on Mondays – **Dominoes** in Social Center

12th – 9:30 AM – **Senior Chamber** in Social Center

13th – 10:00 AM – **Welcome Committee Meeting** in Conference Room

13th – 2:00 PM on Thursday – **Bible Study** in Hammond Center Reading Room

15th – 2:00 PM on Saturday – **Movie, Popcorn & Pop** in Hammond Center Theater – *“A Dog’s Way Home”*

19th – 11:00 AM-12:30 PM – **Restaurant Dining** in Social Center – see attached flyer for details

Please select menu choice and pay in the Administration Office by June 12th

21st – 6:00 PM – **Tim’s Party** in Social Center – see details on page 6

RSVP by June 12th to your Phase Volunteer

25th – 10:00 AM – **Fighting Fraud: Addressing Grandparent Scams** – presentation by Attorney General’s Office in Community Room at Drake Community Library

26th – 5:00 PM on Wednesday – **Steak Fry** in Social Center – please bring plate and silverware, including steak knife. According to our Meal and Pricing Policy, the guest price for this event will be \$19.

RSVP by June 12th to your Phase Volunteer

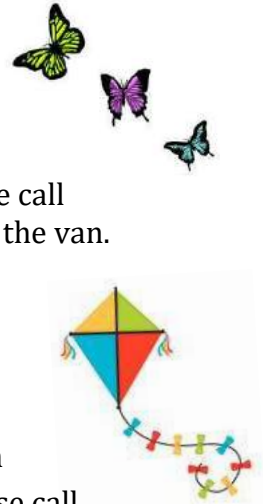
28th – 10:00 AM on Friday – **Ecumenical Communion** in St. Francis Manor Dining Room

28th – 10:00 AM on Friday – **Community Coffee** – **Cheryl Neubert with the Grinnell Historical Museum** in Hammond Center Dining Room

29th – 2:00 PM on Saturday – **Movie, Popcorn & Pop** in Hammond Center Theater – *“The Sound of Music”*

30th – 2:00-4:00 PM – **80th Birthday Open House for Gwen Rieck** in Social Center

Sunday Church Services at 2:30 PM: 2nd, 9th, 16th, 23rd, 30th in Assisted Dining Room





JUNE Birthdays

2nd - Adrian Versendaal
4th - Pam Needham
5th - John Westercamp
7th - Laura Eidsness
7th - Betty Niday

9th - Helen Arnold
11th - Char Byriel
12th - Wally Walker
19th - Denny Harris

21st - Les Curry
23rd - Pauline Sharp
24th - Rosie Schrack
27th - Gwen Rieck



PHASE VOLUNTEERS

Phase I - Paula Bard, phone 309-664-0482

Phase II - Fran Bowers, phone 236-6921

Phase III - Max & Nancy Higgason, phone 236-0121

Phase IV - Jack & Dona Hendrickson, phone 236-9119

Phase V - George & Darlene Durand, phone 236-0329

Phase VI - Gregg & Diane Hawkins, phone 236-3952

Plexes - Janet Holcomb, phone 236-5079

ATTENTION:

The last day to use your red bin for curbside recycling is June 24th.

Many thanks to the staff at St. Francis Manor, especially the Rehab department who worked very hard to make me stronger. Thanks also to Seeland Park friends who stopped by and helped to make each day better!

Les Tharp



The family of Carroll Smith would like to thank the entire staff for the great, kind and loving care Carroll received while a resident at St. Francis Manor. Thank you also to Seeland Park friends for their loving care and concern. We so appreciate you all!

Pat Smith

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

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





Volunteers Needed for Mobile Meal Delivery

As part of our community outreach program, St. Francis Manor staff and Seeland Park residents will be delivering Meals on Wheels during the weeks of June 10 and June 17. Volunteers will need to be at the First Baptist Church, 925 East Street (lower level) by 10:50 AM on their chosen days. It usually takes around 45 minutes to complete a route. Please consider teaming up with your spouse or a neighbor to deliver meals to others in the Grinnell community. If you are able to help, please call Shelley in the Administration Office at 236-7592 to schedule your day(s) and route(s).

SEELAND PARK'S SUMMER TOUR OF HOMES

This year's Summer Tour of Homes on **Sunday, June 9, from 1:30 to 4:00 PM**, will feature 12 Seeland Park homes including 8 available homes; 3 assisted living apartments; and our new campus amenities in the lower level of the Hammond Center. The following Seeland Park homes will be open for tour:

Available Homes:

- 923, 929 & 931 Orchard Drive (772 sq ft) 1-bedroom apartments;
- 912 Orchard Drive (950 sq ft) 1-bedroom duplex;
- 902 Penrose Street (1250 sq ft) 2-bedroom duplex w/covered patio;
- 939 St. Francis Drive (1370 sq ft) 2-bedroom duplex w/sunroom;
- 2020 Orchard Drive (1712 sq ft) 2-bedroom, 2-bath apartment; and
- 828 Turnberry Drive (1750 sq ft) 2-bedroom duplex w/sunroom.

Open for Tour Only:

- 914 Orchard Drive—950 sq ft duplex owned by Char Byriel;
- 921 Seeland Drive—1250 sq ft duplex owned by Brian & Jan Veach;
- 809 Turnberry Drive—1370 sq ft duplex owned by Sharon Falck; and
- 822 Turnberry Drive—1750 sq ft duplex owned by Janet Marcum.



If you have friends or family who would enjoy living at Seeland Park, please invite them to attend our Tour of Homes on June 9th to see a variety of unit sizes and floor plans, as well as our new campus amenities.

HAPPY BIRTHDAY 80TH

OPEN HOUSE
for
Gwen Rieck

Sunday, June 30th
2-4 PM
in the Social Center



BLOOD DRIVE

July 11
11 AM—3 PM
in the Social Center





Tim's Party Recap

The Seeland Park Grill-Out was a huge success with just over 100 in attendance. A special thanks to Ron Johnston, Gael Doane and Earl Creps for grilling the brats! The tremendously talented duo of Jeff (a.k.a. the "One Man Band") and Nancy Beal from Oskaloosa, entertained us with many country and old-time rock tunes that had us all tapping our toes and singing along! Thank you to Fran Bowers for organizing volunteer helpers from Phase II—they were a great group of workers! Phase III will be organizing volunteers to help prepare and serve at the Pie Social on June 21st. The talented Too Many Strings Band will also be performing for us so plan to come and enjoy another opportunity to experience fun, food and fellowship with your Seeland Park Community!

~ Tim Stahl

SEELAND PARK COMMUNITY GARAGE SALES ON JULY 13TH

The streets of Seeland Park will be filled with bargain hunters like this young lady on the morning of **Saturday, July 13, from 8 AM to 12 Noon**. Please help her find some new outfits by participating in our community-wide garage sales!

Seeland Park will provide the advertising and place flyers with garage sale locations at the Grinnell Casey's stores and at St. Francis Manor entrances for advance pick up.

If you would like to turn closet and/or garage clutter into pocket cash, call June in the Administration Office to place your home on the Seeland Park garage sale map. Those who get their names in early may also reserve a 6' or 8' table for use during the garage sales which maintenance staff will deliver on July 11 or 12 and pick up on Monday.

Don't think you have enough closet/garage clutter for your own garage sale? Team up with a neighbor or invite family or friends to join you!



Upcoming Grinnell Regional Medical Center SE*ED Programs

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.

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| June 3rd | "The Benefits of Mindful Breathing Techniques"
<i>with Danielle Sadler, Sadler Acupuncture</i> |
| June 10th | No program, Summer reading program kickoff |
| June 17th | "Hiking the Appalachian Trail"
<i>with Robin Gray</i> |
| June 24th | "Update Your Health — Intelligent Aging"
<i>with Andy Nish, MD, Medical Director of John Stoddard Cancer Center</i> |



ST. FRANCIS MANOR FOUNDATION—Assisted Living Building Campaign Update

The donor list below reflects gifts received between April 24 and May 23, 2019. To date, we have received donations totaling \$979,722. In addition, we have \$87,044 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.

Sue Baker
Pat Boelens
Rosie Schrack

In memory of Roger Peters
Miscellaneous donors

In memory of Neva Van Gorp
Key Cooperative
Miscellaneous donors

In memory of Carol Havel
Dion and Shelley Schrack
June Watkins

In memory of Roger Pederson
Del and Carolyn Dawes

In memory of Keith Bailey

Betty Anderson
Peter & Diane Boeke
Connie Dunning
Betty Hammond
Travis & Kristi Hammond
Tom & Betty Harris
Dwayne & Ruth Jacobs
John & Ruth McAndrews
Donna Miller
New Century FS
Carol Osborn
John Sadler
Russ & Sheila Sadler

Fae Schewe
Rosie Schrack
Bob & Pat Slagle
Lee & Kaye Stafford
Jaren & Cathy Steenhoek



In memory of Carroll Smith
Dion and Shelley Schrack

In memory of Ralph Brown
Jim and Mary Bair
Dion and Shelley Schrack
Cindy Strobel
June Watkins

Wear Blue Day—Friday, June 14 with Photo at 10 AM



Wear Blue Day was started by the Men's Health Network (a national non-profit organization) to raise awareness about the importance of male health and to encourage men to live longer and healthier lives. Because men live sicker and die younger, they need to be reminded to make healthy lifestyle choices, make regular annual visits to the doctor, get educated on heart disease or diabetes, and start general health conversations with their male friends.

One way to live a healthier life is by exercising regularly. With an indoor walking track and exercise equipment available in the lower level of the Hammond Center as well as S.H.A.P.E. Fitness classes and a Men's Exercise class led by Fitness Director Kayla Faas, you have no excuses! Call Kayla at 269-5424 to get started today!

Whether it is your friend, brother, dad, boyfriend, spouse, or boss, show them you care about them and their health by wearing blue on June 14! Everyone dressed in blue should plan to meet in the Exercise Room in the lower level of the Hammond Center for a picture at 10 AM.



The Parkettes are getting their hats and boots on and heading out to perform at healthcare centers around Iowa! They kicked off their season in April and have already done five performances with an additional nine performances planned. The group meets twice a week to practice a variety of line dances and is looking for more ladies to join them. According to Fitness Director Kayla Faas, "You don't need to be an experienced dancer or even commit to performing—just come and practice with us. We've had two new ladies join this year and we all have a great time dancing together!" For more information, contact Kayla at 269-5424.



Seeland Park Pie Social

When: Friday, June 21 at 6 PM

Where: Social Center

Menu: The annual pie social is here. Please prepare your favorite pie to share.

(Examples: Fruit, cream and nut pies)

Beverages: Coffee and water

Also provided:

Table service and homemade ice cream

Entertainment:

The Too Many Strings Band will be joining us for this party.

They always put on a good performance!!!

RSVP:

Please contact your Phase Volunteer by June 12th if you plan to attend Tim's party. If you need to cancel, please call the office so that our number of guests might be as precise as possible. Thank you to Phase III for organizing volunteers for this party!

Come join the fun, food, and fellowship together!!!





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

All classes are held in Aerobics Room in the Hammond Center

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 Hammond 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.

Men’s Exercise Class – A 6-week circuit training class for men on Tuesdays and Thursdays from 11:30 AM to noon. The class will involve walking, stretching and strength training with dumbbells and TheraBands.

Campus Cruisers – Meet in front of St. Francis Manor at 10:15 AM on Fridays for a 30-minute walk around the campus.