

In a Nutshell

Fall 2023

Active Aging Week at Walnut Ridge

Active Aging Week is a time to celebrate all the opportunities to age well at Walnut Ridge! The Ridge Club features Techno Gym equipment to help everyone stay strong, the warm water pool to promote movement for tired joints, and amazing fitness instructors to lead classes throughout the day! The activity calendar boasts many options for social events and programs to keep your brain sharp, including outings around the community! Our campus pastor (meet him on the following page!) promotes spiritual wellness through devotions, Bible studies, and church services. We look for ways to serve with volunteer projects as well. Active Aging Week was full of all the things we love about Walnut Ridge!



Walnut Ridge

Resident & family picnic!



We were thrilled to host Walnut Ridge residents and families for an end of summer picnic! Delicious BBQ, lovely weather, lively music, and the best company made for a wonderful event. Thank you to everyone who came to enjoy the fun!



On your monthly activity calendar, you may notice musical programs titled “Merry Makers Presents...” Walnut Ridge is one of the communities blessed to receive musical programs sponsored by this organization.



merrymakers

Merrymakers Association is a non-profit organization dedicated to brightening the lives of older adults through music and laughter. They provide live, musical performances of only the best local entertainment, sponsored by generous donations. For more information or to make a donation visit www.merrymakers.org

The next event is Friday, November 3 at 2 p.m. with piano music from Pat Lydon.

Find us on 

Enjoying the photos in this newsletter? See all the pictures taken at activities throughout the week on our Walnut Ridge Facebook page! “LIKE” us by searching for “Walnut Ridge Senior Living Community” and find fun photos, devotions, and campus highlights! Can’t find Walnut Ridge on Facebook? Ask a Life Enrichment team member to help!

Meet Pastor Steve



I was born in 1957 to two CIA agents, in Berlin, Germany. I attended first grade in Saigon, Vietnam. We evacuated after the coup in 1963 and lived in Bangkok, Thailand for the next four years. We traveled around the world, as my father was assigned to different duty stations, every three years, alternating between the US and some other foreign country.

When back in the US, we lived in Fairfax, Virginia (near the Pentagon and CIA headquarters in Langley, Virginia). I joined the US Army after graduating high school and spent three years in Germany. After my honorable discharge I moved to the Midwest (Rockford, Illinois) to begin my career in aerospace manufacturing. I earned my MBA as a working adult. I was eventually promoted to one of the business unit leaders, making electrical power

generating systems, fuel pumps and gear boxes.

I met my wife at work, and we married in 1993. We have five children and eight grandchildren. We moved to Iowa when the company transferred me to manage the old Delevan manufacturing plant in Valley Junction (now Collins Aerospace). I retired in 2018 and enrolled in seminary to follow my life's dream of Christian ministry. After graduating with my Master of Arts in Christian Thought, I began volunteering as a chaplain to the Clive and Windsor Heights Police and Fire departments.

I have spent over 40 years following Christ, preaching, teaching as the Lord gave me opportunities. When I saw the opportunity to work at Walnut Ridge, right here in my new hometown of Clive, I jumped at it!

I want to thank the staff and the residents for receiving me so warmly. This is a great place to serve the Lord!

Devotion— Finding Our Way

People who have been lost, I mean really lost, describe feelings of panic and complete disorientation. In 1540 a guide for Hernando de Soto's army in America got so far from familiar territory he became physically ill. He began foaming at the mouth and threw himself down as possessed by the devil.

Another story is told of a fur trader getting lost on the Wyoming prairie in 1846. The vast open range was so disorienting to the experienced trader that, when he was found, 33 days later, he was nearly out of his mind (Jon Coleman, Aug 12, 2020. "Ten Curious Cases of Getting Lost in the Wilderness" in Smithsonian Magazine).

Getting lost is easy. With limited perspective and limited awareness of new "territories," we can become *bewildered* (a term used to describe getting

confused when in a wild place). But Christians have a map and a guide and need never get lost! The Scriptures tell us all we need to know about navigating the pitfalls, valleys and mountain ranges of this life, and the Holy Spirit is our tour guide.

Read the Scriptures every day. The media can cause "bewilderment" and the voices of our society can point in every direction at the same time. But our Father in Heaven gave us the Written Word to lay out the plan for the rest of our natural lives as well as the life to come. And, the Apostle Paul reminds us, we have the mind of Christ (1 Corinthians 2:16). The Holy Spirit is our advocate and our guide.

Grace and Peace to you from God our Father and from His Son, Jesus Christ!



Walnut Ridge

Words from the Ridge Club

Greetings from the Ridge Club and happy fall! Did you enjoy all the events during Active Aging Week? Initiated in 2003 by the International Council on Active Aging (ICAA), Active Aging Week celebrates the positivity of aging and living an active lifestyle. The ICAA states, "The overarching goal of Active Aging Week is to challenge society's negative perceptions of aging by demonstrating that individuals over 50 can thrive in all aspects of life, including physical, social, spiritual, emotional, intellectual, vocational and environmental domains, regardless of age or health status."

In honor of Active Aging Week and the changing of the seasons, we would like to focus on physical wellness, specifically fall prevention, for our fall newsletter. Falls are something that are on many of our minds as we age, and not just falling, but returning to our feet and recovery. Physical changes to our body as we age make falling more likely, however, the fear of falling does not need to rule your life.

How can you prevent falls in the first place? The Mayo Clinic has some practical tips and advice for preventing falls in your living environment that don't take much effort:

- Wear sensible shoes, like sturdy, flat, well-fitting shoes with a non-slip sole. Avoid floppy sandals or slippers, and shoes with a higher heel.
- Remove hazards from your living space. Secure or remove loose rugs and cords from your home. Remove coffee tables, plant stands, etc. from high traffic areas. Store clothing, dishes and other necessities in easy to access areas and use non-slip pads in your tub and shower.
- Light up your living space. Keep your home brightly lit to see potential trip hazards. Light up hallways, bathrooms and bedrooms with night lights, and keep light switches and lamps unblocked and easy to access.
- And keep moving! We think this is the most important. Physical activity and fitness contribute greatly to fall prevention. Consider workouts that improve your strength, balance, coordination and flexibility. Classes at the Ridge Club such as Chair Yoga, Strength & Balance, and Ball Class are great places to start. Studies suggest that an exercise program emphasizing strengthening exercises improves balance outcomes.

So, how can you stay strong and stay on your feet? Implement a strength program sooner than later. Whether you attend fitness classes in the aerobics room, swim in the pool, or utilize the fitness equipment in the Ridge Club we have so many ways to make getting into a routine easy for you.



We are happy to reintroduce our key fob system for the TechnoGym brand strength training equipment in the Ridge Club. This TechnoGym key fob will tell you exactly what to do on each piece of equipment and track your progress! Hannah and I are here to offer a complimentary fitness program for you, personalized to your goals and interests.

Please call us to set up an appointment (*4370) or (*4398).

Human Resources corner

Welcome New Employees

Rosarioa A., Server
 Dean B., Server
 Hanh B., LTC LPN
 Skyler C., LTC Resident Assistant
 Aaron F., LTC Resident Assistant
 Gabriela G., Server
 Lal H., LTC Resident Assistant
 Sarah H., LTC Resident Assistant
 Heather H., RN
 Beiah K., LTC LPN
 Dinah L., LTC RN
 Rezija M., Server
 Kaitlynn M., AL Resident Assistant
 Lilly P., Server
 Rick P., Maintenance Tech
 Christine S., LTC Resident Assistant
 Samantha S., LTC LPN
 Monica S., LTC Clinical Coordinator
 Steve S., Campus Pastor
 Mary S., Receptionist
 Zoe S., Server
 Paula W., LTC Resident Services Director
 Gavin W., AL Resident Assistant
 Sharon Z., LTC LPN



Employee anniversaries

October

Khristal M., Cook	1 Year
Celine N, LTC Resident Assistant	2 Years
Lucy K., AL Resident Assistant	3 Years
Linda S., Receptionist	3 Years
Joe F., Driver	5 Years
Chuck B., Engineer Technician	7 Years
Chad A., Housing Counselor	15 Years

November

Kanaan S., Maintenance Tech	1 Year
Zachary S., Cook	1 Year
Jenny K., AL RN	2 Years
Martha N., LTC Resident Assistant	2 Years
Justus S., AL Resident Assistant	8 Years
Betty S., Human Resources Manager	8 Years
Sue S., AL Resident Assistant	13 Years

December

Dana L., Occupational Therapist	1 Year
Amelia D., AL Resident Assistant	3 Years
Justin A., Cook	3 Years
Brian D., LTC & AL Resident Assistant	7 Years



Walnut Ridge
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WalnutRidgeatClive.org

Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

Grateful for you: a message from the Presbyterian Homes Foundation

We thank you! Charitable financial gifts to your PHS community are a blessing to your neighbors, employees – and even to you. We offer you a moment to reflect about what is on your heart during this season of gratitude for the blessings in our lives.

Perhaps you feel called to make a financial gift to your PHS community. The Presbyterian Homes Foundation is ready to assist you. Some important points to keep in mind:

All gifts are welcomed and important. If a gift is meaningful to you, it is meaningful to your PHS community.

You may give to a priority that touches your heart. Last year, charitable giving touched lives at PHS communities. Benevolence funds were offered to residents who faced a hardship and employees received scholarships to grow in their service to you. Charitable gifts also funded special projects at communities and helped 20 employees facing

financial crisis through the PHS Employee Hardship Fund. The PHS Foundation honors all gift designations.

Giving from the heart pleases you, the giver. You know that your gift will help those close to you – a neighbor or an employee. You will make a positive difference within your PHS community.

For your planning. Some gifts take more time to complete. If your year-end giving plans include gifting stock or a qualified charitable distribution from your IRA, please know that these gifts take time for brokers or advisors to process.

We are here to help! If you need assistance, please call the Presbyterian Homes Foundation at 651-631-6408, 651-631-6418 or 651-631-6105.

Thank you for all you do for your loved ones, neighbors and employees. Thanksgiving blessings to you!

