



In a Nutshell

Volume 5, Issue 2

February 1, 2012

Programming Highlights By Jill Burt, CTRS, CPRP, Director of Programming

Celebrate President's Day and George Washington's Birthday with a **Cherry Pie Social**. The fun begins in the Bistro at 2:30 pm on Monday, January 20th.



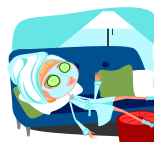
This month's big attraction is the **Mardi Gras Supper** on Tuesday, February 21st. At 5:00 pm, enter the transformed Glenn Miller Restaurant for an evening on Bourbon Street. Festive decorations and entertainment will surround you as you enjoy a New Orleans inspired menu.

Sign up early for your appointment at the **Podiatry Clinic**. Dr. Moratz will be at Walnut Ridge on Wednesday, February 22nd. Deadline to sign up for your time slot is noon on Monday, January 20th.



End the month with a bang! **Sacred Heart Sax & Brass**, a 30 piece band, will perform in the Chapel and Theater at 7:00 pm on January 28th. This band provides a full sound and plays music of years past. Arrive early to get a good seat! 2012 is a leap year.

We think you should spoil yourself to make the most of the extra day, so a **Spa Day** has been planned from 1:00-4:00 pm. Pampering will include the opportunity to receive a free chair massage and much more! More details to come.



Resident Meeting:
Tuesday, February 7th
at 10:00 am.

All residents are invited to the theater for a meeting with our Campus Director. Announcements will be made as well as questions answered. Afterwards, residents will have the opportunity to be included in the Resident Directory by filling out a profile form and having their picture taken.

Do you have suggestions for March programming? You may give your ideas directly to Jill or slip a note in the drop box by the Outing Book.

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Sweet Treats for your Sweetheart

In Finland, Valentine's Day is called Ystavanpaiva which translates into "Friends Day". As the name indicates, this day is more about remembering all your friends, not only your loved ones! Join us for our Sweet Treats for your Sweetheart Valentines Buffet on February 14th, 11:30-1:00! While you are there, check out the wonderful selection of flowers, candies, and baked goods for purchase from some local retailers!

Resident Spotlight By Michelle Howard, Fitness/Program Coordinator



Dick and Alyce Rasmussen have traveled many miles together in their 64 years of marriage, and have such amazing stories to tell! Both Dick and Alyce grew up in small Iowa towns, both have a history with World War 2, and both attended the College of Commerce in Iowa City.

In 1944 at age 22, Dick volunteered to join the army. He volunteered because he was able to choose which special force he wanted to join, which was the Air Force. After 6 months of training in Oklahoma, Dick joined the 15th Air Force in Italy as a Bomber Pilot. He flew a four engine B-24 airplane in over 50 missions! One day he returned from a mission from Vienna with 42 bullet holes in his plane. After another mission, he and his pilot had to fly home on only two of their four engines. Alyce herself worked at an Army plant between high school and college. But her ties to WWII don't end there: her brother served as a brave soldier in the Battle of the Bulge.

Dick continued to serve in the Air Force in Phoenix, Arizona upon returning from WWII, but returned to Iowa to attend University of Iowa's College of Commerce. Alyce also attended the same program, but the two did not meet until a Thanksgiving dinner hosted by their favorite minister. Since there was one day of break for Thanksgiving, most students stayed on campus for the holiday. Dick and Alyce were introduced by their minister, and he ended up marrying them two years later in the Little Brown Church of Nashua, IA. It was at this same church their family held a 60th wedding anniversary party for Dick and Alyce.

Upon graduation, Dick became a stockbroker in Davenport at Merrill Lynch, Pierce, Fenner, & Smith. Alyce became a school teacher. Dick worked at Merrill for 32 years, and Alyce taught elementary and Jr. High classes for 22 years. During their time in the Quad Cities they joined a square dancing club, and were very good! They even traveled around to different states, like Arizona, to dance with other couples and put on a square dancing show. They have three children; two boys and one girl.

Both Dick and Alyce retired in 1988 and bought a motor home. In the next 18 years they went through three motor homes, each racking up 100,000+ miles. They have visited 49 states, with Alaska being a big highlight trip for them. During this time Alyce picked up genealogy and learned a lot about her family. Other hobbies Alyce has had include painting (her mother loved to paint too), and being outdoors. As for Dick, he has loved the past 64 years of marriage to "his girl." They sure do make a great team!

Walnut Ridge's Newest Residents

Jeri Kubicek #2116

Sue & Chuck Lincoln
#2428

June Norris & Jim
Anderson #4418



Happy Birthday!

2/4 Neena Fleming

2/5 Loretta Tippins

2/6 Norm Miller

2/9 Lorene Eucher

2/9 Paul Kjar

2/10 Oliver Chingren

2/13 Dave Amick

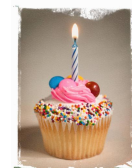
2/13 Carol Bastemeyer

2/16 Ken Ydstie

2/17 Don Anderson

2/17 Trudy Potter

2/27 Joyce Alberts



This

month's birthday luncheon is at 11:00 am on Thursday, February 16. Please RSVP in the Outing Book by February 14.

Campus Greetings By Jack Collins, Campus Director

One Extra Day: 2012 provides us the opportunity to live 366 days rather than 365 days. Yes, it is leap year with 29 days in the month of February. How will you spend one extra day? I found a wonderful article about living only for today. It has some great ideas on how to spend one extra day in 2012.

Only for today, I will seek to live the live-long day positively without wishing to solve the problems of my life all at once. Only for today, I will adapt to circumstances, without requiring all circumstances to be adapted to my own wishes.

Only for today, I will take the greatest care of my appearance: I will dress modestly; I will not raise my voice; I will be courteous in my behavior; I will not criticize anyone; I will not claim to improve or to discipline anyone except myself.

Only for today, I will be happy in the certainty that I was created to be happy, not only in the other world but also in this one. Only for today, I will do one good deed and not tell anyone about it.

Only for today, I will devote 10 minutes of my time to some good reading, remembering that just as food is necessary to the life of the body, so good reading is necessary to the life of the soul.

Only for today, I will do at least one thing I do not like doing; and if my feelings are hurt, I will make sure that no one notices.

Live your extra day to the fullest!

Silver AdvantAGE: Building RESPECT Through Community

By Nancy Horvath-Zurn, Program Coordinator at Shorewood Senior Campus

Our SilverAdvantage letter for the month of February is C, which stands for Community. A community is a creative process; as Margaret Betz puts it in her book *Making Life Choices*, "Community involves learning to live in terms of an interconnected 'we' more than an isolated 'I'. It involves making choices which reinforce the experience of relatedness and foster the sense of belonging and interdependence."

What are we creating through SilverAdvantage? First, through Community we create an atmosphere where people matter. Everyone is important; each one of us strengthens the whole. Our residents already know this; their first responses to the word "community" are words such as "sharing", "interdependence", "belonging". As staff and residents share their lives together, we all benefit. Everyone is valued and included; everyone has a place in this Community.

On another level, we create Community when we care for our living environment. This is the part of the world we are responsible for. Our pride in our campus means that the things around us are safe, clean, functional, and beautiful so we can pour more energy into the people we serve. That attention means that life is easier for all of us, and Community is stronger.

Finally, it's important to remember that SilverAdvantage doesn't exist in isolation. We're a part of the larger world, and we contribute to that community through programs like Sage, Reading Buddies, and donating to charitable organizations like the Mayo Clinic's Hope Lodge.

Each one of us benefits from the Community we create together. We join forces to create a place where people are seen at their finest and environment is kept at its best, so that everyone benefits. It's the heart of SilverAdvantage: it's COMMUNITY.

Walnut Ridge Outings

DATE & TIME	DESTINATION AND DETAILS	TRIP COST	SIGN-UP BY NOON
Wednesday, February 1 11:00 am— 1:30 pm	Waterfront Seafood Market —Awarded Best of Des Moines by the Des Moines Register and Skywalker. It is a combination market and restaurant with fresh fish flown in daily. Cozy, casual and excellent food and service will make this a must on your calendar this month!	Your meal	Tuesday, January 31
Wednesday, February 8 10:30 am— 3:00 pm	Prairie Meadows Shuttle —Board the bus for a fun day at Prairie Meadows. Enjoy a meal at the Triple Crown Eatery, then test your luck in the casino! The bus will drop you off at the casino around 11:00 am and will return to pick you up at 2:30 pm.	Your meal and gaming	Tuesday, February 7
Wednesday, February 15 10:30 am— 2:00 pm	Riverwalk Café & Botanical Center —Enjoy lunch in the Botanical Center's own Riverwalk Café. A nice selection of sandwiches, salads and pasta are offered daily. Following lunch, you will be able to tour the Botanical Center at your own pace. Benches are scattered throughout so you may have a seat and take in the beauty that surrounds.	Your meal plus \$4 admission to the gardens	Tuesday, February 14
Wednesday, February 22 1:30—3 pm	Mystery Trip! —Can you guess our destination before we arrive? Be sure to bring a bit of an appetite with you! While we will get off of the bus, you will not be doing a lot of walking.	\$5-\$10	Tuesday, February 21
Wednesday, February 29 9—11 am	Gateway Market —Enjoy great food and fresh-brewed coffee in a casual and fun setting. Gateway specializes in natural, organic and specialty foods both local and from around the world.	Your Meal	Tuesday, February 28

Assisted Living Outings

These outings give special priority to residents of Assisted Living. Residents of Independent Living are welcome to sign up on the waiting list and may help fill any open seats on the trip.

DATE & TIME	DESTINATION AND DETAILS	TRIP COST	SIGN-UP BY NOON
Thursday, February 9 2:00 pm— 3:30 pm	Krispy Kreme Doughnuts —Serving coffee and doughnuts since 1937, this company knows what they're doing! Head to the donut shop for a sweet treat fresh from the kitchen.	\$5-\$10	Wednesday, February 8
Tuesday, February 28 11:00 am— 1:30 pm	Biaggi's Ristorante Italiano —This casual Italian restaurant offers an extensive selection of house-made and imported pastas, soups & salads, pizza, seafood, steaks and desserts.	Your meal and gaming	Monday, February 27

Shuttle Policy

- Please be in the lobby 10-15 minutes prior to the departure time, allowing proper load time. Wheelchairs and electric scooters will not be loaded less than 5 minutes prior to departure.
- Some shuttle trips require you to sign-up, others do not. It's your responsibility to sign-up by the specified deadline. Sign-up in the Outing Book, located just outside the Craft Room on second floor.
- Read trip descriptions carefully. If you have questions, please speak with the Program Department.
- Carefully read the Shuttle and Outing Policy; a reference copy is always in the Outing Book. These policies have been put into place to help the shuttle run smoothly for you.

Shuttle Schedule

Date	Departure Time	Pickup Time	Destination & Details	Signup By Noon On:
Monday, Feb 6, 13, 20 & 27	9:00 am	10:15 am or 11:15 am	Hy-Vee Shuttle: Hy-Vee and Walgreens	
	10:00 am	11:15 am	Hy-Vee Shuttle: Hy-Vee and Walgreens	
	1:00 pm	3:00 pm	Medical Shuttle: Requested clinics and doctor's offices within a 5 mile radius of Walnut Ridge	Friday prior to your appointment
Friday, Feb 3 & 17	10:00 am	12:00 pm	Jordan Creek Shuttle: Wal-Mart, Trader Joe's, Costco, Jordan Creek Town Center, and The Dollar Tree (<i>Pick one destination for the trip</i>)	
Friday, Feb 10 & 24	10:00 am	11:30 am	Valley West Shuttle: Regular stops include Valley West Mall, Target, Hy-Vee, and Fareway. Additional Stops by Request: Pet Smart, Bed, Bath & Beyond, K-Mart, Kohl's, J.C. Penney Home Store, Best Buy, Barnes & Noble, Gordman's and Michael's. (<i>Pick one destination for the trip.</i>)	Thursday prior to the trip (for additional stops only)

Do you have a suggested stop for the shuttle?

If so, please let Jill Burt, Director of Programming know. You may stop by her office (2nd floor), call x4379, or use the suggestion pad located at the programming drop-off box by the outing sign-up book.

Generations Hair and Nail Salon

Hours:

Tuesday 8:30-4:00

Wednesday 8:30-4:00

Thursday 8:00-4:00

Friday 8:30-4:00

Every Other Saturday 9:00-4:00



Stop by the salon to see a nice selection of jewelry and accessories from Id'nit Pretty.

Notes from the Ridge Club By Nick Drey, MS ACSM-HFS, Director of Wellness

Help Make Iowa the Healthiest State Through the 100-Day Challenge

What a crazy (but very nice) winter this has been. I am writing this article after our first *major* snow storm (2 inches!) of the year! As always Michelle and I hope that each of you can continue to make some time for exercise and we are looking forward to working with each of you to meet your health and fitness needs. Just a reminder to new move-ins, please schedule an orientation at your earliest convenience so that we can get you up and “running” on the equipment. Feel free to stop by the Ridge Club or call us at x4369 or x4370.

As some of you are aware of and many are already participating, we are offering a 100-Day Wellness Challenge on our campus in collaboration with the Live Healthy Iowa initiative being offered to make Iowa the healthiest state. Our goal is to achieve as many minutes of fitness as we can. Each person who signs up for the challenge will automatically be put on a team with other participants from their floor. In total, there will be four teams, one for each floor of the building complex. Each week, every participant will try to get as many minutes of activity in as possible. An activity is defined as anything that you intentionally do for physical activity. So if you normally take the elevator, but decide to take the stairs – that counts as an activity! These activity minutes will be put towards both individual totals, as well as your team’s total. Since there are different numbers of residents that live on each floor, the team totals will be recorded as the average minutes of activity per person. Each participant will then compete as both an individual and on their team to try to get the most activity minutes!

Signing up for the challenge is easy. Just go to the front desk at the Ridge Club, and write your name down. A binder will be kept at the desk with tracking sheets for each person. Every day, or each week – whichever you prefer – you will record your activity minutes on your sheet in the binder. All you need to write down is the date, what kind of activity you have completed, and how many minutes you spent doing the activity. On days 25, 50, and 75 of the challenge, we will offer small prizes to the participants with the most minutes. At the end of the challenge, on day 100, we will offer prizes to the top competitors! Keep an eye out too for a chart to see how your team is measuring up compared to the others.

We will also be posting an exercise of the week to try on the Ridge Club bulletin board, along with periodically giving out healthy recipe ideas to try to keep your eyes out for those!

If you have any questions, please ask Nick or Michelle at the Ridge Club and get ready to get active!

Wellness Regards,
Nick Drey
Director of Wellness



Nursing Notes Submitted by Angie Peterson, Director of Resident Care

Osteoarthritis and You: What You Can Do if You Have OA

A new report from CDC and the Arthritis Foundation recommends physical activity and self-management education to help people with osteoarthritis manage their condition, reduce symptoms such as pain, and improve physical function. The key message is that Moving is Medicine.

Know Your Risk. With the combination of the aging Baby Boomer population, increased longevity, and the obesity epidemic, it is estimated that 1 in 2 people will get some form of OA. OA often causes weakness and disability, interferes with work productivity, and results in joint replacement. Many people with OA are not being proactive because of the misconception that arthritis is an inevitable part of aging and that the aches and pains are simply something you must learn to live with. Many people with OA also suffer from other chronic illnesses such as diabetes, high blood pressure, and heart disease, for which physical activity and maintaining a healthy weight are also recommended. Approximately 50% of all people with diabetes also have some form of arthritis. Over half of all adults with heart disease have arthritis.

Get Moving. Research shows that the presence of OA and arthritis in general, may be a barrier to physical activity among those who have the disease. This is particularly significant given that physical activity is one major, non-pharmacological way to effectively reduce arthritis symptoms such as pain and loss of function. Though people who have OA may be hesitant to exercise, routine exercise is recommended for them both.

Get Help. The Arthritis Foundation suggests several physical activity and self-management education programs that are both proven to be effective and highly recommended for people with arthritis who need special information about exercising safely. A complete listing of these programs and more information about them may be found by visiting: <http://www.cdc.gov/arthritis/interventions.htm>.

Reflections Submitted by Denise Gibson, Director of Memory Care

Dear Abby:

Several years ago, my mother-in-law had to be placed in a nursing care residence because of dementia. When I visited her, it became more and more difficult to find things to talk about, until one day I came across her old address book. The idea struck me to take it with me each time I visited her, and what a success it was!

I started at the beginning of the "A" section, giving her a name and asking her to tell me about that person. She remembered a lot about most of the people in the book and related wonderful stories of friendships in rural America during the Great Depression and the 1930s. Of course, there were hardships too. She and my father-in-law worked side by side on the farm to support their family.

Our "story time" visits continued until full-blown Alzheimer's disease set in. I only hope she enjoyed our times together as much as I did. They were special to me, and I'd always leave the nursing home with a smile.

- *Found a Way in Kansas*



Dining Services By Chad Aguiniga, Director of Dining Services

It is hard to believe that a month of the new year has already passed. How many of you have stuck to your New Year's Resolutions? I make the same resolution every year and I manage to keep it. My resolution....TO ONLY MAKE ONE RESOLUTION. I find it easier to keep that way.

One change that we have made this year for Independent Residents is the meal reservation sign up. If you have made reservations for a meal, **PLEASE INITIAL IN THE BOX MARKED "INITIAL AT MEAL TIME" WHEN YOU ARE COMING IN FOR DINNER—NOT AT THE TIME YOU MAKE THE RESERVATION.** This is another way of ensuring that billing is done correctly. Staff is also "double checking" to ensure residents have attended the meal as well.

As we continue to grow within the community, we are finding it difficult to accommodate large number of groups that want to eat in the Bistro. At the present time if you are planning on having 8 to 10 guests joining you for lunch, we will accommodate your party in one of our private dining rooms provided that they are not reserved. We do ask that you give Dining Services 24 hours notice so that we can accommodate your request. Parties of 11 or more will need to be discussed with myself as we will consider this a "Catering Event" and will need to meet to discuss menu options and room accommodations. We ask that you follow these procedures to ensure that you and your guests receive the customer satisfaction that you deserve.

The next Dining Services meeting will be Thursday, February 2nd, at 2:30 p.m. **IN THE BISTRO** (this is a change from the Craft Room).

Chad

Food For Thought By Chef Dan Sutherland

It All Began at KFC

My adventure in the restaurant business began 26 years ago in a small rundown hole in the wall where John Wayne Gacy once toiled. I was 15 and my parents informed me it was time to get a job; not that I hadn't worked in the past. I've had some type of job since I was in 5th grade and I was always expected to do my part around the house. It's what my parents believed in and what I believe in to this day; a well run home with a consistent mixture of discipline, hard work, and fun.

My first job was delivering *The Hometown*, a local newspaper I delivered once per week. Basically it was the Coupon Paper! I had a double route to increase profits, so my mom and I spent Tuesdays stuffing ads into 230 papers and then I spent the next three hours delivering to every home on my route; my mom packing my paper bag with 50 papers at a time and then meeting me in our custom van at a designated spot to refill. Let me tell you, the idea of throwing them down the gutter occurred to me on several occasions! For all of my efforts I reaped a whopping \$90 per month! Whew!

A friend of mine and I opened a lawn mowing business soon after that. I've mentioned Tim before—we spent winters building snow forts together. Now we were venturing into the entrepreneurial side of life at the tender ages of 12 and 13. We spent the next two summers mowing the lawns of six neighbors, Tim meticulously keeping track of our schedule and profits on a dry erase board in his bedroom. We did such a nice job mowing lawns that these same neighbors hired us to shovel their driveways in the winter months. We were going to be rich!

Continued on Page 9

Food For Thought, Continued

As we both grew older; Tim moved on and began a job as a bagger at the neighborhood Hy-Vee. I bought the lawnmower we used from him for \$50 and inherited his *Waterloo Courier* paper route—we were quite a team. *The Courier* route was a mere 30 papers delivered everyday at 4pm. A far cry from 230 papers! On hot summer days I would drop my paper bag occasionally to cool off in my customers sprinklers (they didn't mind) and on cold winter afternoons I would take advantage of the homes that were doing laundry. You could tell by the melted snow around the dryer vents. I would fill my gloves with the hot air from the dryer vents to warm my hands. It usually lasted for about 10 houses and if I was lucky I would run across another dryer in use!

The money delivering *The Courier* was exceptional compared to *The Hometown*; but I had dreams. I took on a second paper route. Who knew that years later working two jobs would become routine just to make ends meet? I began delivering *The Des Moines Register* at 6 am before school and *The Courier* after school. *The Register* was only 20 papers but it was spread out over a mile so I drove my car; a blue '77 Honda Civic with an orange drivers' side door, and often times a broken exhaust system. My mom said she could hear me doing my route every morning! After a couple of years I began to grow tired of the paper business and my parents suggested it was time to start a real career.

I began circulating applications around Waterloo (we affectionately call it The 'Loo). My real hopes were to work at the Musicland in the mall. I could be around music and musicians and maybe even receive a discount on albums! I currently own over 1600 albums (that's right I still own a turntable—the sound quality and workmanship are exceptional to CD's) and I can't stand stepping foot inside a mall.

I held out hopes for the dream job and was growing frustrated after a few weeks of waiting, until one night as we sat around the dinner table, KFC called. It was to be the beginning of a long, storied career in the depths of the restaurant business.....

Chef Dan's Recipe: Roasted Chicken & Winter Chicken Soup

1 5-6lb roasting chicken

1 lemon—halved

4 garlic cloves

4 T. butter

Salt & pepper, fresh thyme, oregano, and marjoram

Preheat oven to 450 degrees. Clean neck and giblets from inside of chicken and save for gravy. Stuff cavity of chicken with lemon, garlic, whole herbs and butter. Transfer chicken to a wire rack lined roasting pan. Roast whole chicken for 50-60 minutes. Remove from oven and let cool before removing meat from carcass. Set meat aside and save carcass for Winter Chicken Soup. Transfer herbs from roast to a stock pot with carcass.



In the stock pot, add 1 chopped onion, 2 chopped carrots, 3 ribs of chopped celery, Herbs from the roasted chicken, 1 orange halved, 4 garlic cloves, small handful of whole peppercorns, and enough water to cover the chicken carcass. Simmer on medium heat for 1 hour. Discard chicken carcass, strain and save the liquid.

Return stock to stockpot and add: 3 chopped carrots, 1 chopped onion, 3 ribs of chopped celery, 1 peeled and chopped rutabaga, 3 chopped parsnips, 2 T chicken base, and pepper. Simmer on medium heat for 10-15 minutes. Add one package of egg noodles, 1/2 bag of frozen peas, chopped roasted chicken, 1 tsp oregano and 1 tsp basil. Enjoy!

This & That

Volunteer Opportunity

We look forward to adding more entertainment to the calendar this year! In order to make this happen, the Programming Department could occasionally use resident volunteers to greet entertainers or serve as a host or hostess at an event. If you are interested in volunteering, please contact Jill at x4379.



Project Linus

Every Thursday at 10:00 am this group meets in the Craft Room to make blankets for children in need.



Supplies and instruction are provided. Blankets can be quilted, knit, crochet, or tied fleece. No sewing experience needed! If you can cut fringe or tie a knot, we have a job for you! To date, over 100 have been made. Stop by and check it out—we love to visit and show off our masterpieces!



Event: Woodard Hearing Center Clinic

Date: Friday, February 3rd from 9:00 am to 12:00 pm, or later as needed

Details: All hearing evaluations are free of charge. We ask that you **call Woodard Hearing Centers directly at (515) 255-2300 to set up your appointment.** If you need assistance in setting up your appointment, please see the Programming Department. Appointments are in the Craft Room.

Sign-up By: Noon on Thursday, February 2nd

Mail Hotline now featuring: Bistro Special

Want to know what the Bistro Special is without walking to the lobby? The *Mail Hotline* will now contain the Bistro Special after the "Mail is Not In" message. Just dial 2505 (outside line dial 221-2505) to find out if the mail is in AND what you could have for lunch!

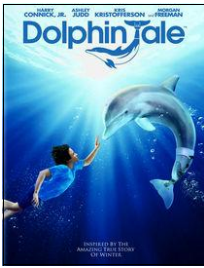


Walnut Ridge Pet Etiquette

- Please keep your pet on a short leash at all times, indoors and outdoors, with the leash controlled by the pet owner.
- Do not let your pet sit on furniture in the common areas.
- Do not let your pet go to the bathroom in the building. If there is an accident, please clean it up immediately and let the receptionist know so that the carpet can be shampooed.
- Pets may not attend scheduled activities or programs and should also never be present in dining areas or where food and drink are being served.
- Even though it is cold outside, owners are responsible for walking their dogs outside on a leash, as well as picking up and disposing of dog waste in the proper refuse areas. Please do not put dog waste into the trash slot by the mailboxes.
- Visiting pets must meet established etiquette as well.



Movie & Popcorn—Fridays at 1:30 pm



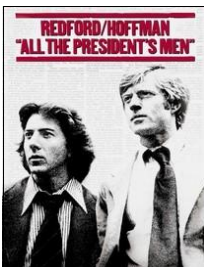
February 3—*Dolphin Tale* 2011 Inspirational Drama, 113 Min, Not Rated

A badly maimed juvenile dolphin is given a new tail, and a new life, through the efforts of the humans who save it in this true-life adventure saga. After losing its tail to a crab trap, the dolphin is doomed until a young boy spots its plight.



February 10—*The Music Man* 1962 Musical, 151 Min, Rated G

It doesn't get any better than this slice of Midwestern Americana: Charming con man Harold Hill (Robert Preston) wants to steal River City citizens' money with a "boys' band" scam, but finds it hard to skip town when lovely librarian Marian Paroo (Shirley Jones) steals his heart. Composer Meredith Willson's valentine to his own hometown packs great songs and wonderful performances from, among others, Buddy Hackett and a young Ron Howard.



February 17—*All the President's Men* 1967 Political Drama, 139 Min, Rated PG

The film that launched a thousand journalism school students, *All the President's Men* chronicles how the work of reporters Bob Woodward (Robert Redford) and Carl Bernstein (Dustin Hoffman) contributed to the public downfall of President Richard M. Nixon. The duo connected a Washington, D.C., hotel break-in with a Nixon "dirty tricks" team assigned to discredit Democratic rivals, launching a series of tense events that forced Nixon to resign.



February 24—*The Kite Runner* 2007 Drama, 127 Min, Rated PG-13

Years after fleeing the Taliban and immigrating to the United States, a privileged Afghan man (Khalid Abdalla) returns to his war-ravaged homeland to try to repay his debt to a loyal childhood friend whose trust he once betrayed. Marc Forster (*Finding Neverland*, *Monster's Ball*) directs this touchingly honest story of family, friendship and bravery, based on the best-selling debut novel by Khaled Hosseini

****Movie plots are reprinted from Netflix.com****

Sunday Movie/TV Mini-Series



Every Sunday in February at 2:30—*Band of Brothers* 2001 Drama, Not Rated

Based on Stephen Ambrose's best-seller, this Emmy-nominated miniseries profiles the men of Easy Company, the airborne infantry regiment that parachuted into France on D-Day, fought the Battle of the Bulge and captured Hitler's Eagle's Nest. Drawn from journals and letters -- and punctuated with interviews with veterans -- the drama underscores the extraordinary fear and unflagging bravery that made these soldiers heroes. Six-disc series.



WALNUT RIDGE

Senior Community *at Clive*

1701 Campus Drive
Clive, IA 50325
Phone: (515) 457-1111

WE'RE ON THE WEB!

WWW.WALNUTRIDGEATCLIVE.COM



Volunteer of the Month

Barb and Jamie Tankersley volunteer their time in Reflections each week to lead a bible study. Their work is so important. They are preserving the faith for people who have lost so many things about themselves. Every week they dedicate themselves to bringing the memories of their faith back into the lives of these wonderful people. I want to thank them personally from the bottom of my heart for having the courage to come in every week and bring hope to our residents in Reflections.

Denise Gibson, Director of Memory Care

If you or your family would like to receive the monthly newsletter and calendar via e-mail, please send me an e-mail with your request and I will add you to the monthly mailing list.

jburt@walnutridgeatclive.com



Walnut Ridge Staff Extensions

Angie Peterson, Director of Resident Care, 4386, ampeterson@walnutridgeatclive.com
Ann-Marie Christy, Director of Marketing, 4365, amchristy@walnutridgeatclive.com
Chad Aguiniga, Director of Dining Services, 4372, caguiniga@walnutridgeatclive.com
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Generations Salon, 4380
Maintenance/Housekeeping, 4360
Mercy Physical Therapy, 4420