

BETHANY LIFE COMMUNITIES

Timberland Village

It's been awhile since we've checked to see what's new at Timberland Village, so we recently called Marsha Taylor, Senior Housing Manager at Timberland to get the latest. As usual, she was energetic and enthusiastic as she brought us up to date.

Twin Home construction at Timberland is continuing to expand. The original four units are all occupied; a third Twin Home (duplex) was completed June 1, and one of the units has been sold. The Board recently gave a green light to begin construction on the fourth. This Twin Home will be ready for occupancy in about six to eight months, but Marsha would love to tell interested parties about it now. She laughs and says, "I do tours at the drop of a hat". Give her a call at 515-733-6500 and she will answer all your questions. You may recall that these units are around 1500-1550 square feet, with two bedrooms and two bathrooms. They come with appliances, a variety of amenities, landscaping, double garage, and are elegantly attractive.

A monetary gift from the family of the late Hannah Tesdall has been the catalyst for library improvements at Timberland. Hannah was an avid reader, right up to her passing at age 101 last March. This special gift led to the formation of a library committee. The committee has surveyed Timberland tenants to learn how to best utilize the Tesdall gift for new books. The Tesdall family also delivered four boxes of books that augment the many books that are already in the library. Marsha explained that as new tenants move in, gifting their books is a popular option as they are often looking to downsize. Finally, the library committee has pared down the existing book inventory and filed the entire remaining collection by category to facilitate tenant utilization of the expanded library.

Florence Vilmont, a Gilbert Lutheran Church member, is a driving force behind a couple of popular initiatives at Timberland. She is one of the leaders of a group that meets regularly to knit and crochet premie caps for Des Moines hospitals. The group meets every Monday, utilizes donated yarn and delivers about 50 caps at a time to the hospital. In addition to tenants from the Independent and Assisted Living sections of Timberland, the group has also welcomed women from the community to help with this rewarding activity.

"Use It or Lose It" is the name that participating tenants have chosen for a self-directed exercise group. Initially, a Physical Therapy group

delivered an exercise program for a monthly fee. When interest in this approach waned, Florence was instrumental in securing the rubber exercise stretch bands used as well as pictures of the various exercises (all are done from the sitting position). The group meets three times a week and is usually led by Florence, although others have been trained to lead the group as needed. Florence proudly reports that up to 28 people per session have participated.

It's clear that Timberland Village is a constantly improving and vibrant community. They offer a range of living options, all in beautiful surroundings. Give Marsha a call if you would like to learn more about these modern lifestyle choices—we think you will be impressed!

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Mark your calendar now for Saturday, September 2 (Labor Day weekend). Bethany Life Foundation is planning for the Skunk River Jazz and Blues Festival---it sounds like a great way to wind down the summer! We'll tell you more about this next month.

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