

Calvin Community Provides a Continuum of Senior Living and Care Services in Des Moines

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Calvin Community, a faith-based nonprofit retirement community located in Des Moines' Beavertdale neighborhood, continues to provide a range of residential and health care options designed to address the changing needs of older adults. Located at 4210 Hickman Road, the organization has served the Des Moines area since May 17, 1965, with services that address residents' physical, social, spiritual, and psychological needs.

The community provides several levels of senior living and care on one campus, including independent living, assisted living, assisted living memory care, skilled nursing, short-term rehabilitation, and long-term health care. By maintaining multiple levels of support within the same community, Calvin Community is structured to accommodate residents whose care needs may change over time.

For older adults and families researching assisted living communities in Des Moines, IA, understanding the differences between available levels of care can be an important part of the decision-making process. Some older adults may be able to live independently while benefiting from access to community amenities and services, while others may require assistance with daily activities, specialized memory support, rehabilitation, or ongoing nursing care.

Calvin Community's independent living option is provided through Calvin West, which includes one- and two-bedroom apartments with full kitchens. Some apartments feature balconies or views of courtyard gardens. Residents also have access to heated enclosed garages, an emergency call system, emergency nursing assistance, a library, recreation and exercise rooms, garden plots, housekeeping services, laundry facilities, weekly worship opportunities, and organized social activities.

Assisted living is intended for residents who want to maintain a degree of independence while receiving additional support with everyday needs. Calvin Community provides three meals each day, full-service laundry, weekly housekeeping, and assistance based on residents' individual daily living requirements. The setting is designed to balance personal privacy with access to services that can make routine activities more

manageable.

Memory care is also available for individuals living with Alzheimer's disease and other forms of dementia. Calvin Community's assisted living memory care area includes private rooms and private bathrooms with walk-in showers. The environment incorporates an enclosed garden and secured areas while providing residents with access to an emergency call system and licensed nursing care.

Individualized service plans are used within memory care to address residents' specific needs. Additional services include housekeeping, laundry, therapeutic exercise, worship opportunities, and social activities appropriate for the residents receiving care. Memory care environments generally place particular emphasis on routine, security, accessibility, and appropriate levels of supervision for individuals experiencing cognitive changes.

The campus also includes a Health Center, a licensed nursing facility with 59 beds. It provides both short-term rehabilitation and long-term care. Services available through the Health Center include 24-hour professional nursing supervision, nurse aide assistance, physical and occupational therapy, hearing and speech therapy, psychosocial counseling, dietary consultation, prescribed meals, transportation, housekeeping, laundry, and social and spiritual programming.

Short-term rehabilitation can serve older adults recovering from an illness, injury, hospitalization, or medical procedure when additional therapy or nursing assistance is needed before returning to a previous living arrangement. Long-term nursing care, by comparison, is intended for people who require continuing assistance and professional supervision over a longer period. Having both options within the Health Center allows the facility to address different types and durations of care.

Therapy is another component of the services available on the Calvin Community campus. Millennium Therapy provides physical, occupational, and speech therapy for residents in skilled nursing, assisted living, and independent living settings. These disciplines can address areas such as mobility, activities of daily living, communication, and other functional needs according to an individual's circumstances and care plan.

According to information provided by Calvin Community, the campus consists of 30 independent living apartments, 100 assisted living apartments, 59 Health Center beds, and 18 assisted living memory care beds. The organization reports a combined community of more than 250 staff members and residents.

Daily life at Calvin Community extends beyond housing and medical support. The organization identifies dining, transportation, wellness programs, activities, gardening opportunities, on-site church services, volunteer programs, and therapy among the resources available within the community. These services reflect the broader role senior living communities can play in supporting social engagement and daily routines in

addition to addressing housing and care needs.

Families comparing assisted living communities in Des Moines, IA may consider factors such as the level of assistance available, opportunities for social engagement, access to nursing and rehabilitation services, memory care options, apartment configurations, transportation, dining, and the ability to transition between different levels of care. Individual needs can vary considerably, making it important to evaluate services according to a prospective resident's current circumstances as well as potential future needs.

Calvin Community's location in the Beavertdale neighborhood places its independent living, assisted living, memory care, skilled nursing, rehabilitation, and long-term care services on a single Des Moines campus. Through this continuum, the nonprofit organization continues the senior living and care mission it began in 1965 while providing multiple residential and health care settings for older adults in the community.

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