

Staff Spotlight: Spencer Vansickel, Administrator in Training

Spencer started at Kennybrook Village in February and has already made a wonderful impression. He currently serves as an Administrator in Training and is eager to continue learning and growing into an Long-Term Care Administrator!



Originally from a close-knit family, Spencer has been married to his wife, Maddie, for nearly four years. Together, they share life with their dachshund, Gus, who will be turning five in May. They've spent the past five years living in a charming 116 year old home near downtown, taking on home improvement projects along the way. While they've loved their time there, they're looking forward to eventually moving closer to the Waukee area. Spencer's family is spread across the globe—his mom lives downtown, his dad is enjoying retirement in Italy, his brother lives in Iowa City with his fiancé, and his sister is currently in her second year of medical school at Boston University.

When asked what he's most proud of, Spencer points to the life he and his wife have built together. Over the past several years, they've both completed graduate school while supporting one another and investing time and energy into their home. It's a journey he's incredibly proud of and grateful for.

Outside of work, Spencer keeps busy with a wide range of interests. He's a big sports fan (cheering on Iowa State, the Cardinals, Packers, and Blues), enjoys traveling, lifting weights, and is currently working on getting more into running. He also loves exploring new bars and restaurants around town, playing golf and disc golf, and spending as much time outdoors as possible.

Spencer shares that what he loves most about working at Kennybrook Village is the people. From residents to team members, he has felt incredibly welcomed since day one and is excited for what the future holds. His journey into becoming an administrator started with a passion for working with older adults in a previous role. After completing his MBA, he discovered the Administrator in Training program and saw it as the perfect opportunity to make a greater impact in the lives of seniors. Spencer adds, "I am very grateful to have the opportunity to work here and get to know everybody! If I haven't met you yet and you see me around, please don't hesitate to stop me to say hello!"

Be sure to give Spencer a warm hello when you see him around the community!

Happy Anniversary!

Robin Schmitz, CMA - 9 Years

Celine McMurry, Housekeeper - 8 Years

Jason Carlson, CNA -5 Years

Amanda Hovey-Weldon, Admissions Coordinator - 4 Years

Jenna Vanorny, CMA - 2 Years

Jocelyn Morales, CNA - 1 Year

Nermina Husic, CNA - 1 year

Toby Redner, Cook - 1 Year



Happy Birthday!

Reese Schepler, CNA - April 1

Ashley Sams, Cook - April 2

Rachael Massaquoi, CNA - April 3

Saymu Zarway, Life Services Coordinator - April 6

Battsooj Shagj, Culinary Aide - April 9

Regina Jebet, Culinary Aide - April 11

Toby Redner, Cook - April 16

Tayler Smith, Cook - April 26

Juanita Mejia, Culinary Director - April 29

The Villager



OFFICIAL NEWSLETTER OF KENNYBROOK VILLAGE

April 2026



Spring Into Wellness at Kennybrook Village

Spring is a season of renewal—and a perfect time to refocus on healthy routines. At Kennybrook Village, we support residents' physical, emotional, and social well-being through daily opportunities to stay active, engaged, and connected.

Residents are encouraged to enjoy light movement and fitness activities, spend time outdoors when the weather allows, and participate in hobbies and creative programs that bring joy and purpose to each day. These small, consistent routines help create comfort, balance, and a sense of well-being.

Social connection is also an important part of life at Kennybrook Village. Whether through group activities, shared meals, games, or community events, residents have many opportunities to build relationships and stay engaged. These everyday interactions play a key role in supporting both emotional and physical health.

Nutritious dining is another essential part of wellness. Balanced meals with fresh ingredients, lean proteins, fruits, vegetables, and whole grains help support energy and overall health, complementing an active and connected lifestyle.

At Kennybrook Village, we believe wellness is built through simple daily habits, meaningful relationships, and a supportive environment—helping residents feel comfortable, connected, and engaged all season long.

Events

Music with Josh Sinclair
April 3

Happy Easter!
April 5

Alzheimer's Support
Group
April 8

Beanbag Baseball
Games - Away Games
April 8 and 22

Masters Golf Party
April 10

Beanbag Baseball
Home Game
April 15

Murder Mystery: "A Slice
of Murder"
April 17

Music with Rob
Lumbard
April 24

Music Recital in Chapel
April 25

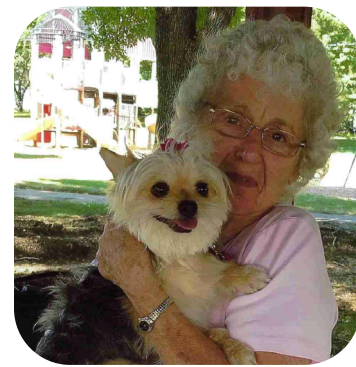
Oakview Students Visit
April 28

Beanbag Baseball
Home Game
April 29

Senior Spotlight: Ethel Sturdevant

Ethel has been a familiar and friendly presence in the Grimes area for many years, building a life centered on family, community and the simple joys that make life meaningful.

Ethel married her high school sweetheart, Fred, in 1953 in Atlantic, IA. Together they built a loving family, raising three children- two daughters, and a son. Over the years their family continued to grow to include eight grandchildren and four great-grandchildren, all of whom are part of the legacy Ethel and Fred created together.



When Ethel reflects on her life, she says one of her greatest achievements was simply caring for her family. She took pride in being a wonderful mother- cooking meals, keeping the home running, and even sewing clothes for her daughters. Making sure her family had everything they needed was always her top priority, and she did it with love and dedication.

For eight years, Ethel also worked at Reed's Garden Center near Grimes. There she spent her days surrounded by plants, helping customers and doing a little bit of everything around the greenhouse. It was a job she truly enjoyed, because of her love of gardening and being outdoors.

One of Ethel's most treasured family traditions was Christmas. When the children were growing up, it was important to have a big tree- one large enough for the whole family to gather around while decorating. The house would be filled with laughter as everyone trimmed the tree, and of course there would be a big family dinner. Santa always managed to make an appearance too.

Ethel also enjoyed traveling with friends and exploring new places. One of her favorite adventures is Lake Louise in Calgary, Canada, a beautiful spot she remembers fondly. In her free time, Ethel enjoyed gardening and crocheting, hobbies that reflect her lifelong love of creating and caring for things. Those who know her appreciate her warm spirit and joy she brings to those around her. When asked what advice she would give to others, Ethel keeps it simple "Enjoy the time you have while you have it."

Today at Kennybrook, Ethel especially enjoys the staff and people, the activities and being around others. Her kindness and cheerful presence make her a joy to have around, and we are grateful she chose Kennybrook as her home.

