



The Green Hills Chimes

AUGUST 2019

Green Hills Retirement Community
Ames, Iowa

The Chimes newsletter is for Green Hills residents to inform one another about current trends and offerings in our community.
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GHRA President's Message

From Allen Trenkle, newly-elected president
of the Board of Directors:



At the beginning of this new chapter in my life as president of the Board of Directors of the Green Hills Residents' Association, I look forward to working with each of you as we strive to maintain Green Hills as a premier retirement community and to take advantage of opportunities as they arise to improve the community.

Much of the creative thinking at Green Hills occurs during the discussions and activities of various committees. The work of the committees is ongoing and Jesse recently solicited interest of residents of the community in becoming involved with committees. If you are not a member of a committee, but want to contribute to the community, you are encouraged to join a committee of your interest.

With Rod's announcement at the June joint meeting of the boards and later in an email to all residents of his promotion to VP/Director of Integration Services with Life Care Services, we are assured there will be changes at Green Hills. Some individuals openly express they do not like change while others indicate acceptance of change. However, I suspect that all of us have some anxiety with change. There will be a period of transition between the starting time of a new Executive Director and Rod's leaving to keep Green Hills running smoothly. All of the things that make Green Hills unique among retirement communities will still be here.

During the past month two very visible planets, Jupiter in early June and Saturn in mid-July, reached opposition. Opposition is when the

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earth passes directly between the planet and the Sun and earth will be as close to the planets as any time during the year. It seemed timely to get the telescope out and take a look. After aligning the telescope and getting the planet of interest into the field of view, it is certainly an inspirational moment bringing the image into sharp focus with the final adjustments of the focusing knob and seeing with one's own eyes the uniqueness of Jupiter with its colored bands and Saturn with its rings. The uniqueness of individual planets has been maintained over billions of years. It is not obvious to those of us with small telescopes, but several scientific approaches indicate there is ongoing change in space. New stars are being born while others are dying and the universe is continuously expanding.

There is an analogy of Green Hills with my musing on the universe. We want to keep our uniqueness and yet be open to change.

During the next few months in the Chimes I plan to dwell on several of the unique aspects of Green Hills. I would welcome each of you to join me on this adventure by letting me know the one thing you like best about our community and one change that that you think might lead to improvements. I would appreciate a written note that can be placed in my mail slot (2223) or send an e-mail (trenkles@aol.com). I would rather you not identify yourself, but if you chose to do so that will be fine.

Paul Brackelsberg deserves a big "Thank You" from all of us for serving nearly seven years on the Green Hills Residents' Association Board of Directors and five years as president of the board. It is the willingness of individuals such as Paul and others who have volunteered their time on boards, councils, and committees that has resulted in Green Hills being a premier retirement community.

—Allen Trenkle

The Green Hills Chimes

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Submissions Deadline:

15th of each month

The Friendship Committee

acknowledges residents celebrating birthdays each month. In celebration of your special day you will find a birthday coupon for a cookie to be redeemed at Le Bistro. Be sure to check your mailbox. Happy birthday!

Please call the following Committee members if there are occasions when a contact should be made to recognize illnesses and deaths:

Delivery Assignments August 2019:
Apartments: Alice Thompson x5024
Town Homes: Jo Burgason x5117

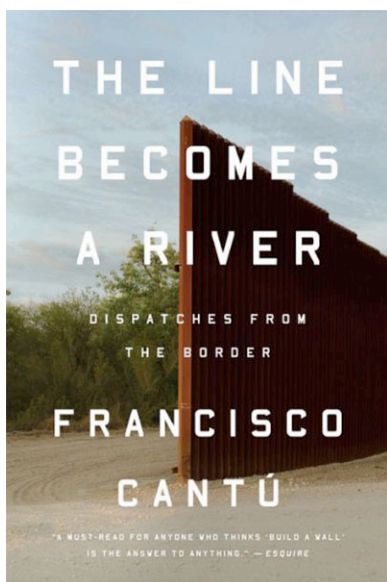


New Books in the Green Hills Library, July 2019

New books are on the top shelf by the windows.

AUTHOR	TITLE	CATEGORY
Child, Lee	<i>The Midnight Line: A Jack Reacher Novel</i>	Fiction
Child, Lee	<i>Night School: A Jack Reacher Novel</i>	Fiction—large print
Clark, Mary Higgins	<i>Just Take My Heart: A Novel</i>	Fiction
Clinton, Bill & Patterson, James	<i>The President Is Missing</i>	Fiction
Gombrich, E.H.	<i>A Little History of the World</i>	History
Goodwin, Doris Kearns	<i>The Bully Pulpit: Theodore Roosevelt, William Howard Taft, and the Golden Age of Journalism</i>	History
Hessler, Peter	<i>Country Driving: A Journey through China from Farm to Factory</i>	Geography
Macallister, Greer	<i>Girl in Disguise: A Novel</i>	Fiction—paperback
McMurtry, Larry	<i>Comanche Moon: A Novel</i> (Final volume of the Lonesome Dove saga)	Fiction
Willner, Nina	<i>Forty Autumns: A family's story of courage and survival on both sides of the Berlin Wall</i>	Biography

Book Report:
The Line Becomes a River
Dispatches from the Border
Francisco Cantú



**THE BORDER ISSUE—
HUMANITY, REALITY, COMPASSION**

You may think that you know how you feel about issues surrounding the border, but here's a book to get you thinking: "The Line Becomes a River: Dispatches from the Border." Francisco Cantú, the author, will offer three viewpoints to challenge you.

Not only is he a former Border Patrol agent, but he's the grandson of a Mexican immigrant, and his mother worked as a National Park Ranger on the Arizona border, so he grew up on those scrublands of the Southwestern border. Following college, he goes to work for the Border Patrol. His mother chides him for that work, saying that he's too smart—after

all he graduated college with high honors; he should be doing more with his education. The work is hard, and he is often conflicted. How does he use his training, but not lose his compassion for people?

After four years in the Border Patrol, during which he advances, he abandons the Patrol and decides to return to school. While there he befriends a fellow worker who turns out to be in danger of deportation to Mexico. Cantu can't help but aid his friend in his deportation case and ensuing court battle.

Thus, we see the border issue from several sides, and the author doesn't tell the reader what to think. Cantu writes well and leaves the conclusions up to his readers. Well worth reading; it's a page-turner!

—Barbara Munson

Art Gallery & Vitrine plans for August:

Anna Segner, local mixed media artist, will display some of her current work. These and other examples are on her website: annasegner.com. Click on her home page GALLERY link for images.



"Beyond the Glass" Celebration at the Brunnier Coming Up

The Brunnier Art Museum is getting ready to celebrate its reopening and they want us to be there for the party. So mark your calendar for **September 19, 2019, 7:00 PM** and sign up for the GH bus to take you there.

The Brunnier has been closed for months as major renovations have brought exciting improvements to the exhibition space, storage vault, and offices.

The celebration will include fancy desserts, cash bar, surprise entertainment, and, most importantly, the revealing of the space “Behind the Glass” with its brand-new exhibitions.

Green Hills is one of the sponsors of the party.



Criteria for the Lindens (Assisted Living) Placement

A recent presentation by Cayla Bullerman, Assisted Living Coordinator, drew requests for specific information. Residents considering a move into the Lindens should be aware of the criteria for moving in and being retained as a tenant. Green Hills and the State of Iowa have rules and regulations that are followed that may prohibit someone from moving into the Lindens or remaining in the Lindens. The rules and regulations are as follows:

A tenant cannot be bed-bound. This means that a tenant is restricted to their bed—they cannot get out of bed and actively move around their apartment.

A tenant cannot require routine, two-person assistance with standing, transfers or evacuation from the residence.

A tenant cannot be a danger to themselves or others, including other tenants or staff.

A tenant cannot frequently elope, meaning they cannot frequently exit the building and place themselves in potential harmful situations.

A tenant cannot be sexually or physically aggressive or abusive.

A tenant cannot display verbal abuse or aggression.

A tenant cannot behave in a way that may place another tenant at risk for harm or injury.

A tenant cannot be in acute stages of alcoholism, drug addiction, or uncontrolled mental illness.

A tenant cannot be under the age of 18.

A tenant cannot require more than part-time health-related care. The hourly specifics of this regulation are best described by Cayla in a personal interview.

A tenant cannot have unmanageable incontinence on a routine basis despite an individualized toileting program. This means a tenant is unable to toilet or is unaware of their need to use the toilet and continually is incontinent.

A tenant cannot be medically unstable. This means a tenant is needing multiple hospitalizations or needing multiple health assists due to poor health, falls, etc.

A tenant cannot require maximal assistance with activities of daily living. This means a tenant is requiring more than one staff assistance while performing activities such as toileting, showering, dressing, etc.

A tenant cannot chronically urinate or defecate in locations that are not considered acceptable according to societal norms.

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A tenant cannot be on an altered textured diet, meaning they receive a regular diet during meals provided by the dining staff at Green Hills.

A tenant needs to be able to evacuate the Lindens if there is a fire or remain safe during severe weather with minimal staff assistance.

Please contact Cayla, Assisted Living Coordinator: (515) 357-5009 if you have any questions regarding the criteria for the Lindens or if you would like to be placed on the Lindens waiting list. Green Hills residents have priority over applicants from other places.



Meet the new INBODY machine:

Break your weight down into muscle, fat, and body water. Learn what area of your body is the strongest, what area of your body is weaker, and whether you are dehydrated or retaining fluids. This 45 second test can do that for you.

You are not recommended to have this scan if you have a pacemaker.

Make an appointment with
Brett Harrison, Wellness Coordinator

What's new with the Healthy Life Center?

Be Prepared for the Ames Bond Referendum on the Healthy Life Center

Nancy Carroll, Executive Director of Heartland Senior Services, will be at Green Hills Wednesday, August 28 at 10:00 AM in the Community Room to update us on the proposed Healthy Life Center and answer your questions. It's a great opportunity for us to gain the understanding needed to be informed voters at the September 10 Ames Bond Referendum. As Nancy says, the event is solely to educate, inform, and answer questions — no fundraising!



A brochure on the Healthy Life Center is packed with information about the features, programs, audiences, floor plans, and nitty gritty facts and figures about the proposed facility. You can pick up a copy in the Green Hills Library now.

Your questions are important. As you think of questions for Nancy to address, contact Larry Mitchell (357-5110 mitchell2117@msn.com) or Rae Reilly (357-5211 reillypr703@gmail.com). They will forward your questions to Nancy ahead of her talk. Of course, she will answer questions from the floor, as well.

Continuing Education



Wednesday, August 7:
TED talks offer insight into a current issue. We plan to hold this in the new theater.

Wednesday, August 21:
Dr. Bill Fales will present “The Unseen Microbial World: Landmark discoveries that have changed our lives.” Location TBD.

BE AN INFORMED PICKY EATER from the Yes2HealthyLife Committee

Every day we make food choices for health and for satisfaction. Below are some examples of foods that have specific roles to help us receive the most benefit from our choices:

- Foods that fight inflammation: Switch out refined carbs (sugar-sweetened beverages, fried foods, and processed meats) for fruits and vegetables, whole grains, and healthy fats and proteins to help quell inflammation. Examples: pineapples, purple potatoes, celery, cucumbers, raisins, pumpkin seeds, artichokes.
- Foods for long lasting energy: apples, milk, artichokes, chicken
- Recovery from high energy activity: Spinach, eggs, chicken, blueberries, oats, cherries, watermelon, banana, avocado, sweet potatoes
- Bone Health: Pack in protein (this nutrient acts as the glue in bones, holding together minerals like calcium, phosphorus, and magnesium that keep bones hard and strong) Examples: Chicken breast, fish, beans, eggs, low fat milk, olive oil and yogurt.
- Healthy fats: avocados, nuts, seeds.

Don't forget to drink plenty of water and limit sodium intake. Also, a new study published in the May issue of *Stroke* (the journal of the American Heart Association) found a connection between drinking artificially sweetened beverages and an increased risk of stroke and dementia.

Sources: *Caroline Apovian, endocrinologist, Boston Univ School of Medicine; Eating Well Magazine; Julie Gallagher, Hy-Vee Dietitian, Coralville, Iowa; Oregon State University Healthnews; AARP; American Heart Association.*



**Sonya Colvin uses her
Radio Flyer to bring a
healthy offering to the
July 6 Potluck**

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Hold the date: Friday, August 23, 4:30 – 6:30pm

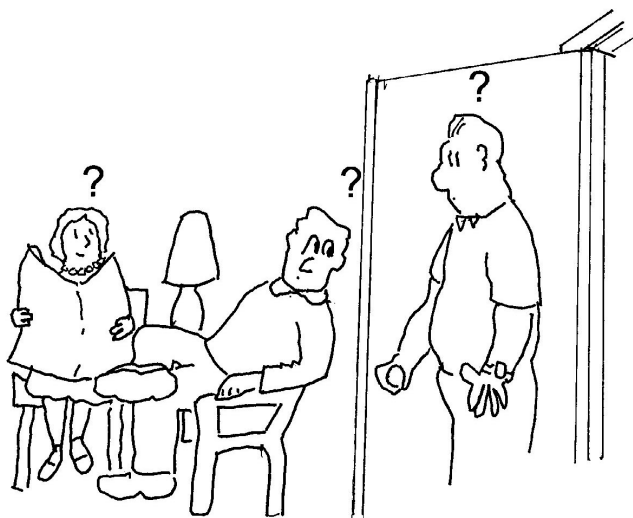
Party with Rod and Melissa Copple

The event will be in combination with Club 2200

Be watching for more details



Ed's Cartoon Corner



**“Door Busters” self-help club
will be formed at Green Hills
for habitual wrong-door enterers...**