

DISCOVER, EXPLORE AND MORE

December 2019
Events and Programs

WELCOME JESSICA

My name is Jessica Walker and I am the new Administrator at Green Hills. I attended the University of Wisconsin – Eau Claire where I was able to complete a yearlong internship in the Chicago suburbs. This environment was fast paced and allowed me to develop the skills that I needed to run a healthcare retirement community. I was able to take that knowledge to rural Iowa where I spent the last two years running a care center. When I saw the opening for Green Hills, I knew it was going to be a great fit and allow me to further my knowledge and experience in the healthcare field.



In my free time, I enjoy spending time with my husband and dogs, trying out new restaurants, going for walks, and traveling. A favorite place that I have traveled to is Ireland. I was able to try some local dishes, hike, and visit some historical sites. I am looking forward to meeting everyone here at Green Hills.

GIVING TREE

Please return gift by Friday, December 6

This holiday season, Green Hills is partnering with Youth and Shelter Services to host a Giving Tree! Please join us to help serve kids in Ames. Located in the lobby area by the main entrance, there is a tree with tags on it. Please take a gift tag, purchase the item for a local child, and return your gift to Green Hills by Friday, December 6.

EMPLOYEE APPRECIATION PARTY

Wednesday, November 11 at 10:00 AM & 1:30 PM
Community Room

This annual social hosted by Green Hills residents shows appreciation for the staff and their efforts to make things run smoothly all year. This year there will be 2 parties again. Residents are welcome to attend either party or both.

10:00 AM: Administrative, Food Service, Environmental Services, Plant, and Residential Health Service employees will be recognized.

1:30 PM: Assisted Living, Leisure Services, and Health Care employees will be recognized.

HAPPY BIRTHDAY!

Carol Zingg—12/1
Linda Best—12/2
Myrna Whigham—12/6
Jean Peterson—12/9
Einar Larsen—12/11
Don Payer—12/12
Alice Thompson—12/12
Ruth Thompson—12/13
LoAnne Worth—12/18
Richard Smith—12/22
John Clark—12/23
Hanna Gradwahl—12/23
Donita McCoy—12/24
Bill Fales—12/29
Rex Crockett—12/31
Bob Kern—12/31

The Lindens

Pat Thompson—12/2
Mary Rizzo—12/7
Frieda Lehman—12/9
Luci Hamilton—12/9

Health Care Center

Marjorie Muench—12/14
Joy Munn—12/15
John Fawcett—12/16
Elmer Clayton—12/19
Rita Lorenzo—12/20

TABLE OF CONTENTS

Movie Listings.....page 2
Special Events.....page 3
Linden Letter.....page 6
HCC Happenings....page 7
Off-Site Events.....page 8

Follow us:



DINING SERVICES

CHEF'S BREAKFAST

Thursdays, December 5, 12, 19, 26
8:00—10:00 AM

GREEN HILLS CAFÉ

Wednesday, December 18
5:00 PM

LE BISTRO & LOUNGE HOURS

Monday, Wednesday, Friday
8:30 AM —3:30 PM
Tuesday & Thursday 10:30 AM —5:30 PM
Saturday 4:00 PM — 6:00 PM
Sunday 2:00 PM— 5:00 PM

***Residents can reserve time outside of Bistro hours for a specific event. Dining Services can cater for any event.**

RESIDENTIAL HEALTH SERVICES

Blood Pressure Clinics

Thursdays, December 5, 12, 19
9:30 AM

Ames Hearing Aid Clinic

Tuesday, December 17
9:30 AM

These services will meet in the Wellness Center Clinic space.

SHOPPING TRIPS 1:30 PM

HyVee: Mondays, December 2, 9, 16, 23, 30

Fareway: Thursdays, December 5, 12, 19

North Fareway: Thursday, December 26

Target / Walmart: Wednesday,
December 18

TRANSPORTATION BY REQUEST

For townhome, Oaks and Maples residents, a Green Hills van is available each Monday through Friday, during non-bus events, for rides to non-medical locations within the Ames city limits. Service hours will be 9:00 AM to 3:00 PM. \$6.00 per location (per person). A two-day notice is required. No fee for return to Green Hills.

MOVIES AT GREEN HILLS Held in the Green Hills Theatre

GOSFORD PARK

Monday, December 2 at 7:00 PM
Friday, December 6 at 2:00 PM

Set in the 1930's, a group of pretentious rich and famous people come together for a weekend of relaxation at a hunting resort. But when a murder occurs, each one of these interesting characters becomes a suspect. (R, 2 hours 17 mins, Mystery)

LOVE ACTUALLY

Monday, December 9 at 7:00 PM
Thursday, December 12 at 2:00 PM

This movie follows the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales. It's set in London, England during the frantic month before Christmas. (R, 2 hours 25 mins, Drama/Romance)

RETURN TO ME

Monday, December 16 7:00 PM
Wednesday, December 18 at 2:00 PM

Heartbroken and struggling emotionally after his wife's death, Bob agrees to go on a blind date set up by his friend. Though the date fizzles, sparks fly between Bob and the waitress, Grace, a recovered heart transplant patient. When Bob discovers her heart came from his organ donor wife, an unusual romance blossoms between them. (PG, 1 hour 55 mins, Drama)

CHRISTMAS COTTAGE

Monday, December 23 at 7:00 PM

When Thomas returns to his hometown of Placer, CA, he anticipates another perfect family holiday. Instead, he finds out many troubling circumstances for his family and town. Thomas finds a way to help the town rediscover the holiday spirit. (PG, 1 hour 44 mins, Drama)

POLAR EXPRESS

Tuesday, December 24 at 2:00 PM

Tom Hanks stars in this holiday animated film about a doubting young boy and his extraordinary train ride to the North Pole. He finds a way to believe in Christmas and Santa. (G, 1 hour 40 mins, Fantasy)

THE HOLIDAY

Monday, December 30 at 7:00 PM

Dumped and depressed, Iris agrees to swap homes with a similarly unlucky in love Californian Amanda for a much-needed break. Iris finds herself in a palatial Hollywood mansion while Amanda navigates the lanes of a picture-perfect English village. Soon enough, both ladies find local lads. (PG-13, 2 hours 18 mins, Comedy/Romance)

GREEN HILLS ON-SITE SPECIAL EVENTS

ARTIST RECEPTION WITH MOTOKO & CHUCK OULMAN

Tuesday, December 10 at 3:00 PM
Green Hills Art Gallery Area

Meet in the Lobby Area by the Art Gallery to hear Motoko and Chuck Oulman talk about a selection of photos on display in the Green Hills Art Gallery. Refreshments will be provided.



PANCAKE BREAKFAST

Friday, December 13 at 9:00 AM
Community Room

Join us for breakfast hosted and served by the Green Hills managers. It is our way of saying, "Happy Holidays" and "Thank you" for being such a great group to serve. Cindy Lin will provide background holiday music. **No charge.**

HOLIDAY BAKERS DAY

Friday, December 20 at 3:00 PM
Main Dining Room



Stock up on all your favorite holiday treats made by the talented Green Hills Chefs. There will be drinks provided, seating for socializing, and holiday music! (no live music)

LE BISTRO BANTER WITH JESSICA, ADMINISTRATOR AND ALEXIS, ADMINISTRATOR IN TRAINING

Monday, December 23 at 3:00 PM
Le Bistro

Come meet and get to know the new Administrator, Jessica who started at Green Hills in November. She will answer questions about her previous work experience and would love to meet you. Alexis, Administrator in Training, will also be highlighted this month. Find out what Alexis has learned and her plans for the future.

DECEMBER DEVOTION SERVICES Wednesdays at 10:30 AM HCC Activity Room

- 4- Christ Community
Pastor Kip Hamby
- 11- Northminster Presbyterian
Pastor Jim DuBois
- 18- Trinity Lutheran Church
Pastor Jon Rollefson
- 25- CHRISTMAS—NO SERVICE

A special thank you
to our pastors and pianists
who volunteer weekly to provide
this special service.

JOY MUNN'S 95TH BIRTHDAY PARTY Sunday, December 15, 3:00-5:00 PM Main Dining Room

Come help Joy celebrate her
birthday at this birthday open house.

SPECIAL BUS EVENTS

LUNCH BUNCH TO THE SPICE

Tuesday, December 3 at 11:00 AM

Join us for lunch at this restaurant on Main Street Ames. The Spice serves Thai cuisine in a stylish and sophisticated, yet relaxed environment. Sign up in the bus book and pay individually.

HOLIDAY LIGHTS TOUR

Wednesday, December 18 at 6:15 PM

Sign up in the bus book for this trip around Ames to see the houses that are festively decorated. We'll enjoy hot chocolate and cookies when we return.

ALLSPICE CULINARIUM & TRELIS CAFÉ

Tuesday, December 17 at 9:00 AM

Spice up your day today as we head to the Allspice Culinarium in Des Moines' East Village. Listen to a short presentation and then browse through the shop. Allspice Culinarium has high quality spices, herbs, rubs, blends, olive oils, vinegars, mushrooms and much more. Enjoy lunch at Trellis Café in the Des Moines Botanical Center. We'll take time afterward to browse through the gift shop. Order from the menu and pay individually.

COMMUNITY WIDE EVENTS AT GREEN HILLS

DEC 2 (MON) 9:30 AM	WOMEN'S COFFEE Everyone is welcome to join. Meet in the Main Dining Room.
DEC 4 (WED) 10:00 AM	TED TALKS Ted Talks will offer insight into a current issue with time for discussion. This program will be held in the Green Hills Theatre.
DEC 4 (WED) 3:00 PM	HEART OF IOWA SENIOR BAND Cliff Smith is a part of this band that will entertain us with Christmas music. Held in the Community Room.
DEC 4, 11, 18 (WED) 3:00 PM	MEDITATION EXPLORATION All are welcome to attend sessions held Wednesdays in the Meditation Room on the 2nd floor of the Lindens.
DEC 5, 12, 19, 26 (THURS) 10:00 AM	MEN'S COFFEE Meet in the Main Dining Room for this men's social group.
DEC 5 (THURS) 3:00 PM	SING-ALONG WITH US Come sing your Christmas favorites with your friends and neighbors in the Community Room. Refreshments will be provided.
DEC 6 (FRI) 4:30 PM	CLUB 2200 Alcoholic and non-alcoholic beverages, as well as snacks, will be provided. Sign up at the reception desk for the Grill Out.
DEC 9 (MON) 4:15 PM	ISU HORN ENSEMBLE This music group will focus on holiday music with a few classical pieces mixed in. Held in the Community Room.
DEC 10 (TUES) 10:00 AM	AMES HIGH MADRIGAL SINGERS Don't miss this special madrigal music by the Ames High School students in the Community Room.
DEC 12 (THURS) 3:00 PM	CAROLING BY THE GREEN HILLS NURSING STAFF Come to the Main Dining Room to hear Christmas carols by the nursing department.
DEC 13 (FRI) 3:00 PM	TRIVIA TIME Test your knowledge as we play a friendly game of trivia. Meet in the <u>Hickory Room</u> .
DEC 14 (SAT) 3:00 PM	CINDY LIN STUDIO PIANO RECITAL Listen to Cindy's piano students as they perform their holiday concert in the Community Room.
DEC 15 (SUN) 3:15 PM	NAI-YING PIANO RECITAL Students between the ages of 5 years and 13 years old will perform Christmas music and some classical pieces. Everyone is welcome to attend in the Community Room.
DEC 19 (THURS) 3:00 PM	GREEN HILLS CHORUS HOLIDAY CONCERT This is their first performance in our new Community Room. They have been practicing very hard and are excited to preform for you. Refreshments will be provided after the concert.
DEC 19 (THURS) 6:30 PM	SECOND CHAIR BRASS You won't want to miss this miniature Tuba Christmas that is held right here in our Green Hills Community Room. This is a very popular and fun annual event!
DEC 26 (THURS) 3:30 PM	BINGO Join your friends and neighbors in the Health Care Activity Room for this popular game. Refreshments and prizes will be provided.
DEC 27 (FRI) 10:00 AM	SUNSHINE STROLLERS SOCIAL Meet in the Health Care Activity Room to visit with your health care friends and neighbors.

CLUBS AND SUPPORT GROUPS

CLUB MEETINGS:

DEC 11 (WED) 2:00 PM	BOOK CLUB This month we will read books authored by Fred Rogers or a book about Fred Rogers. Ann McMullin will coordinate the discussion. (Hickory Meeting Room)
DEC 18 (WED) 1:30 PM	TECHNOLOGY CLUB Share your knowledge or get answers to your questions. All residents are encouraged to come. (Pine Meeting Room)
DEC 19 (THURS) 2:00 PM	WINDOWS COMPUTER CLUB The Windows Computer Club's purpose is to exchange knowledge of the operating system and programs. (Arts and Crafts Room)

CHORUS PRACTICE

Friday, December 6

Community Room

Chorus practice will be on Friday, December 6th at 9:00 AM in the Community Room. There may be a couple of added practices before the concert on Thursday, December 19th. Dick McCoy will contact participants to let them know of the dates and times.

ALZHEIMER'S SUPPORT GROUP

Tuesday, December 10 at 10:00 AM

Health Care Activity Room

Green Hills offers a support group for family and friends of those who suffer from Alzheimer's Disease. This support group typically meets the second Tuesday of each month. Information about Alzheimer's Disease will be available and there will be time to share stories, experiences and support. There is no charge to attend. For additional information, please contact Tina B., Social Services Coordinator, at 515-357-5020 or email: tinab@greenhillsrc.com.

JOHN WAYNE MOVIES

Friday, December 6, 13, 20, 27 at 7:00 PM

Green Hills Theatre

We have the epic collection of John Wayne movies and will begin showing the earlier films and work towards the most recent. The following movies will be shown this month: Without Reservations, Tycoon, Fort Apache, and 3 Godfathers.

**THE CAREGIVER SUPPORT GROUP
IS CANCELLED
UNTIL FURTHER NOTICE**

LIBRARY CATALOG SYSTEM

Over the last few months, the Library Committee has entered all of Green Hills' library books into an electronic cataloging system. This system allows library visitors to search through the catalog of books available to them on a computer. There is now a computer setup in the library that is available for searching the database of books. It is simple to use, and instructions will be posted at the computer. If you have any questions, please contact John H., Green Hills Technology Support.

THE BISTRO STITCHERS

If you are interested in getting together to work on any type of hand work, please contact Ann Hein or Jean Griffen.

TO-GO CONTAINERS

A total of 73 container boxes were delivered to Food at First for the month of November. Pickup dates for December will be on Tuesday, December 10th and Monday, December 23rd. There is a large green box located in the Maples first floor trash room for your containers, or Oaks and Maples residents may use the trash rooms on their respective floors. Thank you for all the donations and for washing the containers before bringing them to the collection sites.

REMINDER

Potluck will not be held in December. January's potluck on Saturday, January 4th will honor December and January birthdays.

Kaffee Klatsch and **Continuing Education** will also not be held in December.

THE LINDEN LETTER

DOOR WRAPPING

Thursday, December 5 at 10:00 AM

The Resident Aides have such a creative knack for making the doors in the Lindens look festive. They will be around to decorate your door with holiday wrapping paper. They may wrap the whole door like a Christmas present, or they might get creative and make a picture out of the wrapping paper!

NATIONAL GINGERBREAD DAY

Friday, December 13 at 3:00 PM

What is Christmas time without a gingerbread man? Decorate your very own with us to continue this long standing tradition. We will have all the tools you need to create a top notch gingerbread man!

STOCKING STUFFERS

Tuesday, December 24 at 3:00 PM

It's the most wonderful time of the year! Christmas is finally here once again! It is time we all gather around the tree, sing our favorite Christmas carols and remember the reason for the season. Get in the holiday cheer on Christmas Eve. This will be The Linden's Christmas Celebration, and may even include a few surprises from staff! Wear your Christmas sweater if you have one!

WINTER WONDERLAND

Thursday, December 26 at 3:00 PM

Every December is a Winter Wonderland here in Ames. Stay warm with some snacks and hot cocoa. We cannot wait to see you all there!

HOT CHOCOLATE BAR

Friday, December 27 at 3:00 PM

Hot chocolate is usually a drink for enjoyment, but some may say it's even good for your health. When chocolate first came to France in the 17th century, it was used "to fight against fits of anger and bad moods". This may be because of a chemical in chocolate that makes a person's mood better. Or maybe it's because many people have fond memories of drinking hot chocolate as children. Whatever your reason is to drink it, join us with a steamy cup of delicious hot chocolate!

NEW YEAR'S EVE SOCIAL

Tuesday, December 31 at 3:00 PM

Happy New Year! Come help us ring in the new year of 2020 (a little early) at this social on the first floor of the Lindens. Refreshments will be provided.

STAFF SPOTLIGHT: ELLE SKINNER

Elle is a resident aide in Assisted Living and has been working at Green Hills for over a year! Her favorite thing about coming to work is the positivity that her residents and co-workers bring to Green Hills! Currently, Elle is in nursing school at DMACC. She plans on graduating next year and pursuing a career in dermatology. A fun fact about Elle is that she spent a month in Ireland and Italy over the summer!

We are so lucky to have Elle as a part of our Green Hills team!



DECEMBER EVENT REMINDER

Check your calendar so you don't miss the Employee Appreciation Party, Pancake Breakfast, Green Hills Chorus Concert and Holiday Lights Tour.



HEALTH CARE HAPPENINGS

WELCOME

We extend our warmest welcome to Bill Marion.

CHRISTMAS DECORATING

December 2nd & 3rd

It's time to start spreading Christmas cheer! Families around the world have different traditions while decorating. Some wear their PJ's all day while decorating, some drink hot chocolate, others put on their favorite Christmas movies and music! Activities will be minimal while we decorate extensively. We will put on Christmas movies, you are welcome to join us while we decorate on these days!

BAKING WITH CHERYL: GINGERBREAD

Tuesday, December 10 at 2:30 PM

Gingerbread is a broad category of baked goods, typically flavored with ginger, cloves, nutmeg, or cinnamon and sweetened with honey, sugar, or molasses. At first, European gingerbreads were only made by Catholic monks, who usually created them in the form of angels and saints. Come to the Activity Room to hear more interesting facts about gingerbread, and help us bake this delicious holiday treat!

TUBA CHRISTMAS

Saturday, December 14 at 10:00 AM

This was such a popular outing last year and is in a new location this year. Listen to a conglomerate of brass instruments (only tubas, euphoniums, baritones and sousaphones allowed) play Christmas songs. The concert begins at 11:00 AM. Limited wheelchair access available. Held at the Ames City Auditorium.

LATKES & APPLE SAUCE

Monday, December 23 at 10:00 AM

Watch Chef Chris make this traditional Hanukkah treat. Latkes, also known as potato pancakes, are made from shallow-fried shredded or mashed potatoes.

HCC HOLIDAY LIGHTS TOUR

Thursday, December 26 at 6:00 PM

A classic holiday tradition is to jump in a car and drive through the town to see all of the decorative light displays. We will take the Green Hills bus and venture out to see the beautiful holiday lights throughout the city of Ames. Residents must be able to walk up the steps of the Green Hills bus to attend.

PHOTOS FROM 2019!

Tuesday, December 31 at 3:00 PM

Happy New Years Eve! We will gather in the Activity Room to watch a presentation of photos that the Leisure Services Department has taken over the past year! Reflect on the great year of 2019!

CEDAR COURT

RADIO CITY ROCKETTES

Monday, December 16 at 6:15 PM

Have you ever seen the Rockettes and their iconic high kick line? For almost a century, the Rockettes have been American icons. They have appeared in Radio City Music Hall in NYC for hundreds of stage spectaculars. We will take a trip down memory lane to see how the Rockettes have evolved as an iconic part of American history.

CHRISTMAS SWEATERS

Thursday, December 19 at 11:15 AM

Formerly known as "Jingle Bell Sweaters", Christmas sweaters have been around since the late 19th century. Many people wear them when they go caroling, while opening presents, or partake in any Christmas tradition. On this day, we will reminisce about Christmas sweaters of our past and today's Christmas sweater trends.

ISU & COMMUNITY / OFF-SITE EVENTS

The bus has been scheduled for the following events. Please sign up early to reserve your seat on the bus! Tickets should be purchased on your own.

Sunday, December 1	12:00 PM	ISU Women's Basketball vs New Orleans	Hilton Coliseum
Tuesday, December 3	6:45 PM	Canadian Brass	CY Stephens
Wednesday, December 4	1:30 PM	Parkinson's Singing Group	First Baptist Church
Wednesday, December 4	6:00 PM	Jazz Night	Martha Ellen Tye Hall
Wednesday, December 4	6:00 PM	ISU Men's Basketball vs Kansas City	Hilton Coliseum
Friday, December 6	1:00 PM	Walk at Ames Fitness Center: For some new scenery, we will walk around the track at this local fitness center.	Ames
Saturday, December 7	6:45 PM	Central Iowa Symphony	Ames City Auditorium
Sunday, December 8	2:15 PM	Holiday Festival	CY Stephens
Sunday, December 8	7:00 PM	ISU Men's Basketball vs Seton Hall	Hilton Coliseum
Wednesday, December 11	2:30 PM	Parkinson's Singing Group	First Baptist Church
Wednesday, December 11	6:00 PM	ISU Women's Basketball vs Iowa	Hilton Coliseum
Thursday, December 12	6:00 PM	ISU Men's Basketball vs Iowa	Hilton Coliseum
Friday, December 13	6:45 PM	Bells & Brass Concert	Collegiate Methodist Church
Saturday, December 14	10:00 AM	Tuba Christmas	Ames City Auditorium
Sunday, December 15	12:00 PM	ISU Women's Basketball vs Wright State	Hilton Coliseum
Wednesday, December 18	6:15 PM	Holiday Lights Tour	Ames
Friday, December 20	1:00 PM	Walk at Ames Fitness Center	Ames
Sunday, December 22	11:00 AM	ISU Men's Basketball vs Purdue	Hilton Coliseum
Sunday, December 22	4:00 PM	ISU Women's Basketball vs UNI	Hilton Coliseum
Sunday, December 22	5:15 PM	A Magical Cirque Christmas	CY Stephens
Monday, December 30	5:30 PM	ISU Women's Basketball vs North Alabama	Hilton Coliseum
Tuesday, December 31	5:00 PM	ISU Men's Basketball vs Florida A&M	Hilton Coliseum