



The Green Hills Chimes

DECEMBER 2019

Green Hills Retirement Community

Ames, Iowa

GHRA President's Message



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

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We all use technology in our daily living, for example a computer, smart phone or a medical-alert pendant. Some use other technology such as smart TV, Amazon Alexa or Google Assistant to voice activate other devices, vehicles that will automatically correct speed or guidance back onto the highway and wearable devices to monitor health parameters and/or activity. A few at Green Hills are participating in a research study to evaluate placing sensors to monitor resident's activity in their home to determine if they are up and about. Most of us have likely seen or read about smart homes, robots doing repetitive work in factories or robot vacuum cleaners that self-navigate the home, cleaning the floors and then returning to its home base to recharge.

I wonder how many at Green Hills have heard of Aibo and thought about the long-term implications of this kind of technology for senior living communities. Aibo (eye bow) is a robot dog manufactured by Sony Corporation and became available in Japan two decades ago. The fourth generation of Aibo was available in the US for a limited time last year. Aibo walks around, plays with objects, makes dog-like sounds, occasionally misbehaves, responds to commands and with use of cameras and facial recognition interacts differently with each person it encounters. With time people begin to interact with this robot as they do with live pets.

If a robot dog can interact socially with humans, it wasn't such a surprise to read in a recent issue of *Time* about Stevie, a robot, being tested this past year at a senior living community in Washington, D.C. Stevie is being designed to help staff and residents by interacting with them physically as well as socially. The robot can recognize voice

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commands, such as Help Me, and when fully integrated can alert staff to the needs of a resident. With facial recognition it can react to how a resident is feeling. Its face could double as a video-conferencing screen, it could go room to room taking meal orders on a touch screen and interact socially with residents by participating in games or reading stories to residents to identify a few possible uses.

Reaction to Stevie by the residents in the community where it was being tested was that they wanted him to stay and keep them company rather than coming in to take orders and leaving. Staff had concerns about robots taking their jobs. The activities assistant in the long-term care unit adores her residents and was apprehensive having Stevie intervene in those relationships. She changed

her thoughts after learning the robot could call the bingo numbers, giving her more time to interact with the residents.

Obviously, a mechanical device will not care about our stories and therefore will not replace the compassion and love of a motivated and dedicated person. However, robots will likely be used in senior living communities. The Senior Living Industry employed 892,000 people in 2016 (60% in resident care and 40% in supporting roles). With the number of Americans 85 years and older increasing from 1.8% of the population in 2014 to 4.5% in 2050, it has been estimated that senior living will have to recruit and retain an additional 300,000 workers by 2030. It is possible one or more robots are in the future of Green Hills. —Allen Trenkle



There is no January Chimes which gives contributors a bye for a December deadline. The next deadline will be January 15 for the February 2020 Chimes.

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 for **December 2019:**

Apts: Anita Dyer x5105

Town Homes: Joyce Mercier x5147

and for **January 2020:**

Apts: Anita Dyer x5105

Town Homes Hanna Gradwohl 296-5060



New Books in our Green Hills library
on the countertop by the windows

AUTHOR	TITLE	CATEGORY
Bass, Diana Butler	<i>A People's History of Christianity: The other side of the story</i>	Religion
Brown, Sandra	<i>A Kiss Remembered: A classic love story</i>	Fiction
Cussler, Clive	<i>Sea of Greed: A novel from the NUMA files</i>	Fiction
Dickey, Bronwen	<i>Pit Bull: The battle over the American icon</i>	Nature Geography
Dostie, Ryan Leigh	<i>Formation: A woman's memoir of stepping out of line</i>	Women
Gilbert, Elizabeth	<i>Little Heathens: Hard times and high spirits on an Iowa farm during the Great Depression</i>	Iowa
Gleick, James	<i>The Information: A history, a theory, a flood</i>	Science & Technology
Hesse, Monica	<i>America Fire: Love, arson, and life in a vanishing land</i>	History

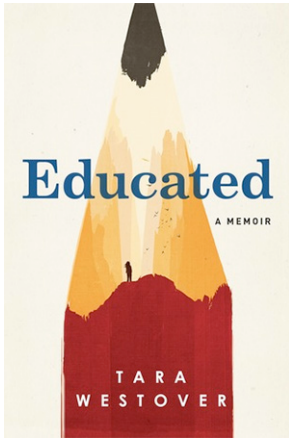
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New Books, continued:

AUTHOR	TITLE	CATEGORY
Kern, K. Robert	<i>Exceeding Expectations: Hallmark of the well-lived years of Verna Lathrop Kern</i>	Biography
Kern, K. Robert	<i>Four Score and More: The times of my life</i>	Biography
Long, Kate et al.	<i>Living a Healthy Life with Chronic Conditions: Self-management...</i>	Health/Wellness
McLain, Paula	<i>Like a Family: Growing up in other people's houses—a memoir</i>	Biography
Mutel and Swander, eds.	<i>Land of the Fragile Giants: Landscapes, environments and peoples of the Loess hills</i>	Iowa
Petersen, Ronald C.	<i>Mayo Clinic on Alzheimer's Disease: Your guide to understanding, treating, coping, and caregiving</i>	Health/Wellness
Rathbone, Belinda	<i>The Guynd: Scottish journal</i>	Biography
Walker, David M.	<i>Comeback America: Turning the country around and restoring fiscal responsibility</i>	Econ/Govt.



Book Review **Educated** by Tara Westover



Named one of the best books of 2018 by over 20 publications and staying on the New York Times best seller list since its publication in February 2018, *Educated* is Westover's account of her growing up in rural Idaho in a dysfunctional fundamentalist Mormon family. The youngest of seven children, by the time she is growing up, her father has become extremely paranoid about intentions of government including public schools, practices of the medical establishment, and the beliefs and behavior of non-Mormons. He's also an avid survivalist preparing feverishly for the end days and, to protect his family, living as far off the grid as possible.

Until she enters BYU as a freshman at age 17, Tara had never been in a classroom and had limited contact with other teenagers. At BYU she was a stranger in a strange land; essay, blue book, Holocaust, civil rights movement were totally unknown words and worlds to her. Yet within ten years, she had earned a PhD in history from Trinity College, Cambridge University.

Educated is Westover's story of where and how she found the motivation, courage, and support to defy the restrictions of her father's world view and the limitations of her childhood environment. Some aspects of that environment: Her father supports his family by constructing farm buildings and scrapping metal in his junk yard; his children are his crew. By age ten Tara is working in the junk yard where no safety measures are used. Most members of the family suffer severe, traumatic injuries in work for their father or in automobile crashes on trips he's planned; they seldom receive medical treatment beyond mother's herbal concoctions. As Tara grows into adolescence, she has to cope with and survive an older brother's brutal physical and mental attacks to which others turn a blind eye. The courage and tenacity to explore other world views, other realities, to seek an education, to grow into her own selfhood, was not without great cost: alienation and rejection by her parents and four of her siblings. It is for the reader to decide whether that cost is too great.

—Jean Lory



Advisory Council Initiative

Your Advisory Council is currently conducting a once-in-three-year review of our standing committees. This review is starting with a survey sent to the chairs to help us assess, advise and assist all committees. We will compile the responses into materials that will list changes and updates to the description of all committees.

Committees are the backbone of our resident participation and very crucial to the success of Green Hills. Many of us have used the "Management at Green Hills and The Opportunity for Participation" booklet to get information on all the assorted committees here at Green Hills. This booklet will undergo a face change to match the current Green Hills marketing theme in the spring – and your Advisory Council hopes to suggest a name change as well – please tell us your new 'name' idea!

—Katie Pattee, Advisory Council



From the Green Team

In case you have seasonal decorations you no longer use, please give some thought to "going green" and donating them to the Salvation Army, 620 Lincoln Center (by Hobby Lobby). Managers say, "Christmas items in good condition are accepted now and will be available to the customers this year." Examples might be paper goods, votive candles, wreaths, tablecloths, garlands, figurines, tree ornaments, etc., not-new-but-nice! A great way to recycle, lighten your closet and make a gift!

If you have donations and/or questions, now is the time to phone Green Team members, Janet Beer, #5187 or Linda Peters, #5236.

Requested Recipe

Our sincere thanks to all of the Green Hills community who have extended their sympathies and fond memories following the passing of our mother, Bobbie Warman. A number of people have asked us to share the recipe for her spinach casserole, which she provided for countless Green Hills birthday potlucks. We hope you'll continue to enjoy it for many years to come!

Sue, Carol and Sara Warman

Bobbie's Spinach Casserole

6 eggs (5 if eggs are very large)

1/4 lb. butter

1/2 lb. Velveeta cheese, grated or chopped

24 - 32 ounces country cottage cheese

2 10-oz packages frozen chopped spinach

1 Tablespoon onion flakes

Prepare spinach. Drain very well. While still hot, add butter and cheeses. Mix well. Beat eggs and add. Put in buttered casserole dish and bake uncovered at 350 degrees for 45 minutes to 1 hour. This can be made ahead and refrigerated until ready to bake.



New Public Library Cart time:

Beginning in January, the new time will be 9:30 to 11:00 on Wednesdays.

The Monday time will stay 1:00 to 2:00.



Continuing Education

Wed., December 4, 10:00 a.m TED talks in the Theater.



Health and Wellness Materials in the Green Hills Library compiled by Susan Fales for the Yes2HealthyLife Committee

Athill, Diana: Alive, Alive oh! And Other Things That Matter

Enders, Giulia: Gut, The Inside Story of Our Body's Most Underrated Organ

Esmonde-White, Miranda: Aging Backwards

Callahan & Kelley: Final Gifts

Gawande, Atul: Being Mortal

Goff, Bob: Everybody Always

Hsieh, Tony: Delivering Happiness: A Path to Profits, Passion, and Purpose.

Jenkins, Jo Ann: Disrupt Aging, A Bold New Path to Living Your Best Life at Every Age,

Kluger, Jeffrey: Splendid Solution, Jonas Salk and the Conquest of Polio.

Landry, Roger: Live Long, Die Short, A Guide to Authentic Health and Aging

Listtader, Wendy: Life Gets Better

Lorig, Holman, Sobel, Laurent, Gonzalez, Minor: Living a Healthy Life with Chronic Conditions

Simpson, Jan: Don't Give Up on Me, Supporting Aging Parents Successfully

Snowden, David: Aging with Grace

Bolte Taylor, Jill: My Stroke of Insight

Staniforth, Nate: Here is Real Magic

Watson, Lindel: My Health Technology for Seniors, Take Charge of Your Health Through Technology. (On counter)

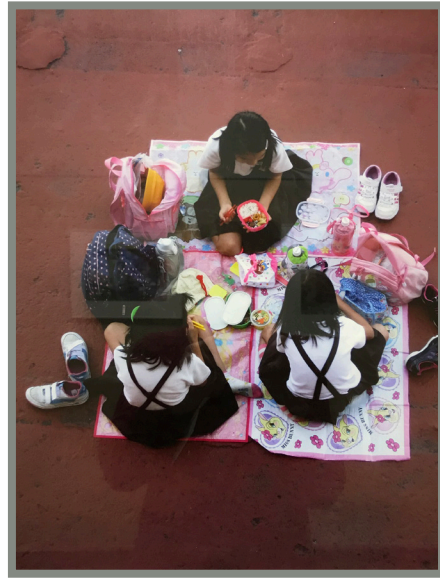
Lenning, Lorene, MS; Lenning, Oscar, PHD; and Solan, Alisha, PhD: Brain Changers 365, Build a Better Brain with 7 Activities Each Day (On counter/no checkout)



ART HAPPENINGS

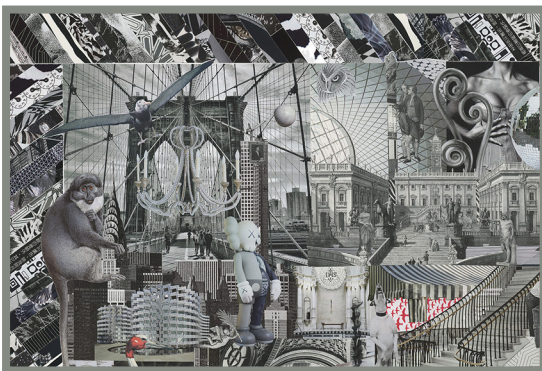
CURRENT GALLERY ARTISTS:

Motoko and Chuck Oulman's photographs are now on display. Know you are in for a treat when you take time to really look at them.



Mid-December in our art gallery:

Deb Anders-Bond will hang some of her collage works.



AN ABC C OF

HOLIDAY & WINTER MEMORIES IN OUR GREEN HILLS COMMUNITY



Apron: We all gathered every Christmas Eve — 8 of us with all the cousins, a big crowd — for a gift exchange: Every man got a tie and every lady got an apron, usually hand-made and probably finished earlier that day. I still have one.— *Jean Griffen*



Blizzard: We — Randall and I with two kids and the dog — were driving from Ames to West Virginia for our family Christmas. As we came into Indiana the weather turned into a ferocious blizzard so we pulled in to the nearest motel: a Howard Johnson's. They already had cots lined up in the main room of the restaurant for all the stranded motorists. In the morning most of the staff were unable to get in to work, so I offered to help in the kitchen by making carafes of coffee. One man told me the service was so bad he would not give me a tip! — *Peggy Cutlip*



Campus Sleigh Ride: The first weekend in December, draft horses pull a hay rack around the ISU campus for a 15 minute tour "After Dark." People wait in line with their children to get on the next ride. It's free! — *Ashley Boman (our le Bistro hostess)*



Dress-Up: I had a Santa Claus suit complete with curly white beard and a big pillow stuffed in front. When I stomped on our bedroom floor upstairs and then lowered the grandkids' filled stockings down through an atrium window, the little ones absolutely bought it! It was just as much fun for the adults in the room! — *Ed Ethridge*



Every year: Posing for the family Christmas card photo. We 3 sisters, with the dog, sat for several takes before our parents said "Enough." Then we had to wait for the film to be developed before we could choose the best one. — *Molly Ethridge*

ABC, CONT'D.



Fraser Fir Christmas trees: My sister and her husband had a “Choose & Cut” tree farm where we helped out every year. Thanksgiving weekend was when people came to choose and cut down their trees. Those Fraser Firs were specially grafted to grow in Georgia soil. — *Donna Bond*



Geraniums: Before the first frost, I took cuttings from our garden and planted them in my propagating setup in our basement. With a fluorescent lamp all winter and my “eye on the prize,” when spring came I had beautiful geraniums to take upstairs and plant in our backyard garden. — *Paul Clayton*



Heritage Christmas: see p.13 for this family story by *Jean Hassebrock*



Ice Skating: We carried our ice skates to school (Welch Elementary) in the morning, and after school walked down to the frozen pond on campus where we skated until we were too cold. Then we had to walk all the way home, hoping someone along the way would recognize us and offer us a ride, which usually happened. Iowa Nice! — *Lorraine Safty*



January & February: On a bright sunny day in winter, I loved to go down in the timber on our 80-acre farm to cut firewood with Tom and his chainsaw. There was a Y-shaped creek where we had an abundance of winter wildlife and beautiful trees. — *Sonya Colvin*



Knocked over the Christmas tree: our Siamese cat did it. — *Ed Ethridge*



Lounge: On a snowy Saturday, be able to stay home, sit in a warm spot in a comfy chair and read a good book. — *Pam Toldorf, our GH receptionist*

ABC, CONT'D.



Milking: On Christmas morning, we couldn't begin anything until Dad came in from milking.
— *Ted Hutchcroft*



Nativity: My best memory is when a friend enlightened me to the meaning of the story. — *Eilene Hovick*



Over the River and Through the Woods: At every Christmas get-together with friends, we'd start singing the song, adding all sorts of ad-lib hand signals and body twists. Of course we thought we were hilarious. — *Katie Pattee*



Pedicure: A December indulgence.
Guess Who →



Quiet: With 6 kids in our family, Santa was pretty busy after we were all in bed. He would leave our filled stockings at the foot of our beds, ensuring that we would be quietly preoccupied in the morning, staying in our rooms while our parents got some sleep. — *Kathryn Andre*



Recess: I taught school in Ames. Recess was not a very popular activity when it was freezing cold. Then the Ames Fire Department came out and flooded an area adjacent to the playground. It stayed frozen over all winter, and I took my class out to skate almost every day. The kids loved it. — *Carole Magilton*



Slide Shows! Every Christmas Eve, our family set up the projector and we watched all the family slides. Different people remembered different things every year. It was so much fun.
— *Ann Hein*

ABC, CONT'D.



Turkey: The Christmas table was set, the turkey ready to be brought out on its platter. BUT where was the platter? Dad suddenly wondered if.....: He went out to the garage and found the remains of the Thanksgiving turkey still on the family Spode platter, covered with a kitchen towel. — *Molly Ethridge*



Under the Tree: Our parents spread out presents under the tree after all of us kids had gone to bed. Later that night, they pounded on the ceiling, woke us up to come down and see, telling us they heard something. For 2 hours we played with all the gifts Santa had brought, then went back to bed and slept late into Christmas morning! Smart parents! — *Don Dyer*



Vroooooom! The sound of neighbors' snow blowers starting up early in the morning after a big snowfall. — *Molly Ethridge*



Windows: The Christmas windows at Younkers, 7th & Walnut in Des Moines, were an annual thrill after visiting Santa Claus and having a treat in the Tea Room. — *Molly Ethridge*



X marks the spot: Year after year, our grandmother had her Christmas tree in the same spot in her living room. Every year we spent the night there and the tree was in the same corner. One year, she set up the tree across the room in a different spot! That night, my brothers and I stayed up until everyone had gone upstairs to bed. My brother and I MOVED the tree — ornaments, gifts, and all — back to the place where it had always been. When Grandmother came downstairs the next morning, she was flabbergasted! She agreed to let it be. — *told to me at last month's Potluck by Terry Tobin, son of Kelly & Irene Tobin*



Year-End Chimes issue: knowing this one will be printed in color makes it extra fun for all of us.



ZZZZZZZ...
and to all a
Good Night!



CHRTISTMAS MEMORIES

from Jean Hassebrock: a Heritage Christmas

When Molly asked me to submit some memories from past Christmases, my thoughts went in all sort of directions, for as a child growing up during the depression years, we were fortunate to receive a stocking (one of our own or hand stitched-not purchased) filled with an orange or apple and if lucky some store-bought candy. We always attended Christmas service at the church and there we also received a paper bag filled with an orange and apple from SANTA himself — you did not miss attending church on Christmas. If we had a tree it was one cut down from our own pasture. Ornaments were hand created from construction paper or left over papers, no lights were added. If we received any gifts they were practical gifts, like some mittens or gloves — something you could use NOW!

To fast forward, in this MODERN world of holidays, changes have been made, very different from the late '30's. We have lived here almost 6 years this coming January. A few years before moving we had a different theme for each Christmas Holiday. In honor of our ancestors — Germans for Vince — the meal was typical of the times: Debra made placecards for each member of the family. With the children, their spouses and five grandchildren and their fiancé totaled 15 around the dining room table. Gifts were to start with the letter G or were to come from Germany. Daughter Mary delighted us with a German Cookbook.

The following year the Theme was Scotland — for my side of the family. Gifts also were to start with the letter S. Vince received a Scottie dog which, to this day guards our entrance from inside— well mannered, never barks!.

But in saving the BEST for the last – Our most memorable Christmas was when our daughter, Mary Kristan, was born on Christmas evening. We are so blessed!



Staff Notes
Employee of the Month for October
Cheryl Gleason



**Ed's
Cartoon
Corner**



A Holiday Wish to All
from the Chimes Committee:
"May we always have LOVE to share,
CASH to spare,
and FRIENDS who care."