

# DISCOVER, EXPLORE AND MORE

February 2020  
Events and Programs

## WELCOME PAIGE ADMINISTRATIVE INTERN

Greetings, my name is Paige Yontz and I am a new administrative intern here at Green Hills. I am excited to join you all for the next few months!



This past December, I graduated from Luther College in Decorah, IA with a double major in accounting and business management. While at Luther, I played volleyball and was on the leadership board for Luther's chapter of Fellowship of Christian Athletes.

I am a born and raised Iowa gal who loves to read, workout, and watch documentaries! If you see me roaming the halls or attending one of your many great activities, please stop and say hello; I would love nothing more than to get to know you!

## WEAR RED

February is American Heart Month. On Friday, February 14th, we invite all of Green Hills Community to wear red clothes to celebrate Valentine's Day and to raise awareness about heart health.

## NEW DATE CANADIAN ROCKIES TRIP PRESENTATION

**Monday, February 10 at 10:30 AM  
Community Room**

Set out to explore the beautiful Canadian Rockies by train. This timeless adventure begins in the city of Vancouver. Highlights include: Stanley Park, Rocky Mountaineer, Kamloops, Lake Louise, Banff, Icefields Parkway, Calgary and a Glacier Adventure Choice. You will need a current passport for this trip. Come to an informational presentation to learn more and ask questions about this tour provided by Collette Vacations.

**The dates of this trip are  
September 30—October 7, 2020  
8 days—13 meals included**



## HAPPY BIRTHDAY TO YOU...

Jerry Hall — 2/2  
Ruth G. Larson — 2/8  
Paul Clayton — 2/10  
Elizabeth Angelici — 2/12  
Phyllis Jenison — 2/12  
Ann Hein — 2/21  
Estela Navarrete — 2/22  
Betty Sogard — 2/23  
Dale Shenefelt — 2/24  
Craig Beer — 2/26  
Dagmar Frank — 2/28  
Roger Oliver — 2/28

### Health Care Center

Harold Crawford — 2/9  
George Christensen — 2/21  
Jen Peters — 2/27

### Cedar Court

Arlo Huse — 2/26  
Doris Moore — 2/27

**AND MANY MORE!!!**

## TABLE OF CONTENTS

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

*Happy  
Valentine's  
Day*

## DINING SERVICES

### CHEF'S BREAKFAST

Thursday, February 6, 13, 20, 27  
8:00—10:00 AM

### VALENTINE'S DESSERT SOCIAL

Friday, February 14 at 1:30 PM

### GREEN HILLS CAFÉ

Wednesday, February 12

### MARDI GRAS BUFFET

Wednesday, February 26 at 5:30 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

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## RESIDENTIAL HEALTH SERVICES

### Blood Pressure Clinic

Thursdays, February 6, 13, 27  
9:30 AM

### Ames Hearing Aid Clinic

Tuesday, February 11  
9:30 AM

These services will meet in the Wellness Center Clinic space.

## SHOPPING TRIPS 1:30 PM

**HyVee:** Mondays, February 3, 10, 17, 24

**New Fareway:** Thursdays, February 6, 13, 20,

**North Fareway:** Thursday, February 27

## TRANSPORTATION BY REQUEST

For Oaks, Maples and townhome 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.

## IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Joy Munn and Mo Reimers.



## MOVIES AT GREEN HILLS Held in the Green Hills Theatre

### DUMBO

Monday, February 3 at 7:00 PM

Friday, February 7 at 2:00 PM

A young elephant, whose oversized ears enable him to fly, helps save a struggling circus, but when the circus plans a new venture, Dumbo and his friends discover dark secrets beneath its shiny veneer. (2019, 1 hour 52 minutes, PG, Adventure/ Fantasy)

### DOWNTON ABBEY

Monday, February 10 at 7:00 PM

Thursday, February 13 at 2:00 PM

Wealthy owners of a large estate in the English countryside in the early twentieth century, the beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leave the future of Downton Abbey hanging in the balance. (2019, 2 hours 2 minutes, PG, Drama/Romance)

### INVICTUS

Monday, February 17 at 7:00 PM

Tuesday, February 18 at 2:00 PM

Nelson Mandela in his first term as President of South Africa, initiates a unique venture to unite the Apartheid-torn land by enlisting the national rugby team on a mission to win the 1995 Rugby World Cup. (2009, 2 hours 14 minutes, PG-13, Biography/ Drama)

### TOOTSIE

Monday, February 24 at 7:00 PM

Tuesday, February 25 at 2:00 PM

Michael Dorsey (Dustin Hoffman) transforms himself into a woman to prove he can get hired on a soap opera. But Michael has an enviable problem when his alter ego, Dorothy, becomes daytime television's hottest ticket. (1982, 1 hour 56 minutes, PG, Comedy / Drama)

## JOHN WAYNE MOVIES

Friday, February 7, 14, 21, 28 at 7:00 PM

Green Hills Theatre

The following John Wayne movies will be shown this month: The Sea Chase, Blood Alley, The Searchers, and The Wings of Eagles.

# GREEN HILLS ON-SITE SPECIAL EVENTS

## ARTIST RECEPTION WITH ART STANIFORTH

Tuesday, February 4 at 7:00 PM  
Lobby Area

Come learn about different techniques Art uses for his various, colorful paintings. He would love to answer questions you may have. Refreshments will be provided.

## ASSISTED LIVING INFORMATIONAL PRESENTATION

Thursday, February 6 at 10:00 AM  
Community Room

Cayla, Assisted Living Coordinator, will talk about the benefits and qualifications of living in assisted living. She will also be discussing home health and the benefits of utilizing it in Green Hills Community.



## CHILI COOK OFF & DESSERT BAR BAKE-OFF

Wednesday, February 19 at 3:30 PM  
Community Room



Sign up by Wednesday, February 12 by contacting Leisure Services at x5006 to bring your chili or dessert bars.

During the chili cook-off, the entries **will not** be labeled with the identity of who made it.

**CHILI:** Sign up to bring your chili to compete against everyone else's chili. Bring a large crockpot full so that everyone can get a taste of it. A \$10 HyVee gift certificate will be given to you to help defray the cost of making the chili.

**DESSERT BARS:** Bring a sheet pan (minimum size 9" X 13") full of your favorite dessert bars. We will cut them in bite sized portions for the contest. A \$5 HyVee gift certificate will be given to you to help defray the cost of making the dessert bar.

**Everyone is encouraged to taste and vote for their favorite chili or dessert bar.**

Please bring your bars to the main kitchen by 1:00 PM and your chili by 2:00 PM.  
Gift certificates will be awarded for: Best-tasting chili and Favorite dessert bar.

## WALKERS, CANES AND MORE

Friday, February 21 at 10:30 AM  
Community Room

Stacy Weaver, Encore Rehabilitation Program Director, will talk about where, why and how to use these assistive devices.

## TRIVIA TIME

Friday, February 21 at 3:30 PM  
Le Bistro

Meet in Le Bistro for an afternoon of fun and intellectual wellness, with the emphasis on fun. We will have a variety of categories. Everyone has a chance to win a prize!

## LE BISTRO BANTER WITH CHEF CHRIS

Monday, February 24 at 10:30 AM  
Le Bistro

Each month, a staff member will be featured in Le Bistro. Stop in to get to know Chef Chris who has been working at Green Hills over 13 years.

## FEBRUARY DEVOTION SERVICES

Wednesdays at 10:30 AM  
HCC Activity Room

- 5- **Christ Community**  
Pastor Kip Hamby
- 12- **Northminster Presbyterian**  
Pastor Jim DuBois
- 19- **Trinity Lutheran Church:**  
Pastor Jon Rollefson
- 26- **FUMC Communion:**  
Pastor Kerrin Kirkpatrick

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

# COMMUNITY WIDE EVENTS AT GREEN HILLS

<b>FEB 1 (SAT)</b> <b>11:45 AM</b>	<b>POTLUCK</b> Bring table ready food and table service including a beverage glass. <b>No serving utensils necessary; they are now provided!</b> Serving will begin at 11:45 AM in the Community Room. Contact Carol Grant if you would like to help with setup or serving.
<b>FEB 3 (MON)</b> <b>9:30 AM</b>	<b>WOMEN'S COFFEE</b> We will meet in the Main Dining Room. Everyone is welcome to join.
<b>FEB 5 (WED)</b> <b>10:00 AM</b>	<b>TED TALKS</b> Ted Talks will be about the way our minds work and what causes problems for so many.
<b>FEB 5, 12, 19, 26</b> <b>(WED) 3:00 PM</b>	<b>MEDITATION EXPLORATION</b> All are welcome to attend sessions held Wednesdays in the Meditation Room on the 2nd floor of the Lindens. Thanks to Elizabeth Angelici for providing this weekly relaxation period.
<b>FEB 6, 13, 27</b> <b>(THURS) 10:00 AM</b>	<b>MENS COFFEE</b> All men are invited to this informal coffee group, held every Thursday except the third, in the Main Dining Room. If you are interested in providing treats, there are sign up sheets located in the front of the bus book.
<b>FEB 6 (THURS)</b> <b>3:00 PM</b>	<b>SING-ALONG WITH US</b> Come to the Community Room for this sing-along with your friends and neighbors. Refreshments will be provided.
<b>FEB 7 (FRI)</b> <b>3:00 PM</b>	<b>BINGO</b> Join your friends and neighbors in the health care activity room for this popular game. Refreshments and prizes will be provided.
<b>FEB 8 (SAT)</b> <b>10:00 AM</b>	<b>BRITCHES &amp; HOSE</b> This "all ukulele-all the time" group will bring a new spin to folk, pop, and rock songs. Their catchy musical selections will leave you humming! (Community Room)
<b>FEB 12 (WED)</b> <b>10:00 AM</b>	<b>CONTINUING EDUCATION</b> Julie Saxton, Mental Health Advocate for the Ames Police Department, will talk about how the Ames Police are using an unusual approach to preventing crime in our town. She will also give a short explanation of the ID program for people to make their lives easier.
<b>FEB 20 (THURS)</b> <b>10:00 AM</b>	<b>KAFFEE KLATSCH</b> All residents are invited to this social event. Refreshment will be provided.
<b>FEB 24 (MON)</b> <b>3:00 PM</b>	<b>FINANCIAL REVIEW</b> Everyone is invited to the Community Room for the 2nd Quarter Financial Review.
<b>FEB 28 (FRI)</b> <b>10:00 AM</b>	<b>SUNSHINE STROLLERS SOCIAL</b> This is a chance to socialize with residents around the community and enjoy a nice treat. Meet in the Health Care Activity Room.
<b>FEB 28 (FRI)</b> <b>4:30 PM</b>	<b>CLUB 2200</b> Join us for an afternoon get together. Alcoholic and non-alcoholic beverages, as well as snacks, will be provided. Grill out at 5:30 PM. This activity is held in the Community Room.



**GROUNDHOG DAY—FEBRUARY 2nd**  
Will Punxsutawney Phil see his shadow?  
Six more weeks of winter, or an early spring?



# CLUBS AND SUPPORT GROUPS

## CLUB MEETINGS:

**FEB 12 (WED)**  
**2:00 PM**

**BOOK CLUB** This month we will be discussing the book *This Blessed Earth: A year in the Life of an American Family Farm* by Ted Genoways. Ellie Mathews will be the discussion leader. (Pine Meeting Room)

**FEB 20 (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)

**FEB 26 (WED)**  
**1:30 PM**

**TECHNOLOGY CLUB** Share your knowledge or get answers to your questions. All residents are encouraged to come. (Arts and Crafts Room)



**CHORUS PRACTICE**  
Every Friday at 9:00 AM  
February 7, 14, 21, 28  
Community Room



**ALZHEIMER'S  
SUPPORT GROUP**  
**Tuesday, February 11 at 10:00 AM**  
**Health Care Activities 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](mailto:tinab@greenhillsrc.com).

## WELLNESS UPDATES

### NEW PROGRAM TO REPLACE GREEN HILLS MILERS

The Green Hills Milers program is going to be revamped. Instead of residents having to stop at the Reception Desk to get the Milers Brochure, record exercise totals, and turn them in, we will now have monthly challenges. These monthly challenges are going to hit all 8 dimensions of wellness throughout the course of a year. The challenges for each month will be listed on the back of the Yes2HealthyLife Calendar and will be printed on blue paper. If you complete the monthly challenge, your name will be entered into a drawing for a chance to win a prize. **Be sure to turn the calendar over and look for those challenges!** If you have any questions, contact Brett H. Wellness Coordinator at 357-5044.

## ENVIRONMENTAL SERVICES SUPERVISOR

Hello everyone! My name is Caitlin Eigenberg and I am the new Environmental Services Supervisor here at Green Hills. I am a recent Mercy College of Health Sciences graduate where I obtained a bachelor's degree in Healthcare Administration and a minor in Public Health. Prior to this position, I worked at Green Hills as a certified nursing assistant (C.N.A.) in the Health Care Center for a little over two years.

I am from Brandon, South Dakota, and I have traveled all over the country with my husband during his Marine Corps career. We have lived in Ames for the last two years while he attends Iowa State University. I love keeping busy by doing anything outdoors. I also enjoy playing the violin, reading, and baking custom cookies at my home-bakery! My husband and I have two beagles that we adore. I am looking forward to continuing the next step of my career here and continuing to learn and grow at Green Hills. Thank you all for your warm welcome!



# THE LINDEN LETTER

## **KIDS VISIT**

**Saturday, February 1 at 10:00 AM**

Your fellow neighbor, Jean Lem, has adorable grandchildren. They will be here to play and bring joy to the tenants in the Lindens. Join in on the fun on the first floor of the Lindens.

## **TENANT MEETING**

**Wednesday, February 5 at 2:00 PM**

This monthly meeting is led by Cayla Bullerman, Assisted Living & Home Health Coordinator. Attend this meeting to hear updates about what's going on in the Lindens. You can also ask questions or share any concerns. This meeting is held on the 2nd floor of the Lindens.

## **TOUR AROUND THE WORLD**

**Friday, February 7 at 3:00 PM**

This month we are headed to the beautiful country of China which is known famously for their yummy cuisine and their outstanding architecture. Come join us on the first floor of the Lindens to learn a little more about China and eat some of their world famous food!

## **VALENTINE'S DAY SOCIAL**

**Friday, February 14 at 3:00 PM**

Valentine's Day is celebrated across the United States and in other places around the world where candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. Come celebrate the holiday filled of love on the first floor Lindens!

## **MEET & GREET**

**Wednesday, February 26**

**3:00 PM**

We extend our warmest welcome to Will Talbert who moved into the Lindens in January. Will has lived at Green Hills Retirement Community for many years. Come to the first floor of the Lindens to help give Will a warm Linden's welcome!

## **IOWA STATE BASKETBALL GAME SOCIAL**

**Saturday, February 29 at 3:00 PM**

Lets go Cyclones!! We love basketball and we love the Cyclones! Come down to the first floor of the Lindens to watch the Iowa State Men's Basketball Team take down Oklahoma State.

## **STAFF SPOTLIGHT: Kari Egeland**

Kari is one of our full time resident aides in assisted living. She has been working at Green Hills for about 6 months. Her favorite part about working at Green Hills is being able to impact the lives of the residents daily! Kari is married with three kids and loves to travel! Some of her favorite vacation spots include Jamaica and the Bahamas, and she hopes to be able to go to Ireland one day! Kari's future plans include finishing up her nursing degree.

We are so lucky to have Kari as a member of the Green Hills team!



# HEALTH CARE HAPPENINGS

## WELCOME

We extend our warmest welcome to Esther Frandsen, Marion Weiss, Bob Ferguson, Kemp Miller, Deane Belcher, and Don Payer.

## MYSTERY READER

**Wednesday, February 5 at 3:00 PM**

National World Read Aloud Day is celebrated today! We are starting this new monthly activity where we invite a "Green Hills Celebrity" to come do a short reading. Here are some clues about our first Mystery Reader:

1. He did his first public recitation at age 5.
2. He especially enjoys poetry from the 1800s.
3. He and his wife were among the original owners here at Green Hills.

Join us in the Activity Room to find out who our reader is and hear him read some of his favorite work.

## BUS TO BRUNNIER ART MUSEUM Tuesday, February 11 at 2:15 PM

Founded in 1975, this art museum on ISU's campus is named after its benefactors, Henry J. Brunnier and his wife Ann. Their collection includes ceramics, glass, dolls, ivory, jade, and enameled metals. The University Art Collection also features prints, paintings, sculptures, textiles, carpets, wood, lacquered objects, silver, and furniture. We are able to accommodate wheel chairs. You do not need to bring money on this trip.

## VALENTINES DAY SOCIAL Friday, February 14 at 2:30 PM

Love is in the air! We will be celebrating Valentines Day together in the Health Care Center Activity Room. There will be strawberry short cake, music, and fun! Come help share the love!

## SCOTTY & BRANDI'S DNA REVEAL Wednesday, February 26 at 3:00 PM

Since we adopted Brandi from an animal shelter, we don't know what type of dog she is. She looks like a chocolate lab mixed with another type of dog. We have swabbed her spit and sent in her DNA to be tested! Scotty had this same test a few years ago. Come cast your vote on what breed of dog you think Brandi and Scotty are. We will share the results and discuss the dog breeds at this fun DNA Reveal!

## CEDAR COURT

### FANCY FOOD

**Tuesday, February 4 at 3:00 PM**

Chef Chris is going to surprise us with his creative culinary talent. In keeping with a Paris theme for this month, we wanted to highlight some fancy foods. Prepare to be wowed during this food demonstration. This activity will be held in the Health Care Activity Room.

### PIANO MUSIC WITH MOTOKO Thursday, February 27 at 3:00 PM

Let's relax and listen to Motoko play a variety of old time songs on the piano you are sure to know and remember.

### LEAP DAY TRADITIONS & SUPERSTITIONS Saturday, February 29 at 11:15 AM

You won't get another chance to celebrate leap day for four more years. Today we will learn about traditions in celebrating Leap Year in different countries.

# 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.

Monday, February 3	5:45 PM	Democratic Caucus	Ames Middle School
Monday, February 3	6:15 PM	Republican Caucus	Oakwood Church
Tuesday, February 4	10:45 AM	Lunch to House of Chen	Ames
Wednesday, February 5	1:30 PM	Parkinson's Singing Group	First Baptist Church
Friday, February 7	1:00 PM	Walk at Ames Fitness Center	Ames
Friday, February 7	6:45 PM	Ken Ludwig's Leading Ladies	Actors Theater
Wednesday, February 12	2:30 PM	Parkinson's Singing Group	First Baptist Church
Saturday, February 15	6:15 PM	Ames Town & Gown	St. John's Episcopal Church
Tuesday, February 18	12:35 PM	PEO Chapter Meeting	Ames
Wednesday, February 19	2:30 PM	Parkinson's Singing Group	First Baptist Church
Friday, February 21	1:00 PM	Walk at Ames Fitness Center	Ames
Wednesday, February 26	2:30 PM	Parkinson's Singing Group	First Baptist Church

## LUNCH BUNCH: HOUSE OF CHEN

**Tuesday, February 4 at 10:45 AM**

There are many choices for Chinese restaurants in the Ames area, but for many people, House of Chen is a favorite. It's located on East Lincoln Way and has a relaxed, casual atmosphere. They serve a variety of traditional Chinese favorites from Egg Drop Soup to Sesame Chicken to Shrimp Pad Thai. Sign up now in the bus book. Order off of the menu and pay individually.

## LIKE TO GO ON A RIVER TRIP IN EUROPE?

Would you like to join a Green Hills resident who is making plans this coming June to do a river trip on the Danube River, visiting Germany, Austria, and Hungary? A special feature of this trip will be a journey to Oberammergau to see its famous passion play. The 12-day tour includes the cities of Munich, Innsbruck, Nuremberg, and Regensburg in Germany, Melk, Passau-Linz, and Vienna in Austria, and ends in Budapest, Hungary. The June 8-19th tour is arranged by Educational Opportunities (EO) of Florida; Amawaterways is the provider of the river cruise ship. Contact Charles Kniker for more details. (296-5036)

See insert for the scheduled bus events relating to Iowa State University, which include CY Stephens Programs, ISU Basketball Games, Music Recitals, and Lectures.