

DISCOVER, EXPLORE AND MORE

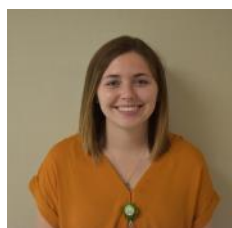
July 2019
Events and Programs

GREEN HILLS RIBBON CUTTING CEREMONY & EXPANSION OPEN HOUSE Thursday, July 18 at 11:30 AM

Green Hills is hosting a Chamber Ribbon Cutting Ceremony in the new Community Room. The Ribbon Cutting Ceremony will begin at noon. There will be appetizers and refreshments served throughout the event until 1:30 PM. At 2:00 PM Health Care residents will have their own assisted tour to the new spaces, with refreshments provided. Residents will receive invitations to give to family and friends. RSVP's will need to be returned by Friday, July 12. This is a great opportunity to view all of Green Hill's new amenities.

WELCOME ALEXIS ADMINISTRATOR IN TRAINING

Hi everyone! My name is Alexis Hitchcock and I am an Administrator in Training at Green Hills for the next year. I am a student at the University of Wisconsin – Eau Claire (UWEC) and am in the Health Care Administration Program. I am from a small town called lola located in Central Wisconsin.



I enjoy going camping, kayaking, hiking, hammocking, reading, cooking, and anything else outdoors that'll keep me active. I also enjoy spending most of my time with my family, friends, boyfriend, and our dog. I am excited to explore Iowa and get to know everyone at Green Hills. Thank you for welcoming me!

LOOKING AHEAD TO AUGUST.....

- August 7** — First National Bank Wine & Cheese Social
- August 8** — Bob Deppe's 90th Birthday Celebration
- August 13** — Energy Conservation Program
- August 14** — Continuing Education, presenter Bill Fales
- August 14** — Older Iowans Day at the Iowa State Fair
- August 16** — Lung Disease & Benefits of Exercise
- August 21** — Santa Fe Travel Presentation
- August 22** — Annual Fish Fry
- August 27** — Matchstick Marvels, Freedom Rock and the Meskwaki Cultural Center
- August 28** — Bond Referendum Presentation by Nancy Carroll

HAPPY BIRTHDAY!

- Janet Stephenson— 7/1
- Toni Whitman— 7/2
- Nancy Hall —7/5
- Joan Mathews— 7/5
- Roger Beckett—7/7
- Don Dyer—7/8
- Bob Humphery—7/9
- Ken Kruempel—7/11
- Nancy Martin—7/11
- Herb Harmison—7/15
- Dick Henry—7/19
- Donna Shenefelt—7/19
- John Dobson—7/20
- Elaine Johnson—7/20
- Allen Trenkle—7/23
- Elaine Meany—7/28
- Robert Angelici—7/29

The Lindens

Virginia Richards—7/18

Health Care Center

- Tom Colvin—7/17
- Meg Tait—7/24
- Mary Lokken—7/28



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DINING SERVICES

CHEF'S BREAKFAST

July 11, 18, 25
8:00—10:00 AM

GREEN HILLS CAFÉ

Wednesdays, July 10 and July 24
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
Closed on July 4th.

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

RESIDENTIAL HEALTH SERVICES

Ames Hearing Aid Clinic

Tuesday, July 9
9:30 AM

Blood Pressure Clinic

Thursdays, July 11 and 25
9:30 AM

The clinics have returned to the Wellness Center clinic space.

SHOPPING TRIPS 1:30 PM

HyVee: Mondays, July 1, 8, 15, 22, 29

Fareway: Friday, July 5 at 9:30 AM
Thursdays, July 11, 18

North Fareway: Thursday, July 25

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. \$5.00 per location (per person). A two-day notice is required. No fee for return to Green Hills.

IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Robert Cody and Ron Peters.



MOVIES AT GREEN HILLS

THE UPSIDE

Monday, July 1 at 7:00 PM
Main Dining Room

Philip is a disabled white billionaire, who feels that life is not worth living. To help him in his day to day routine, he hires Del, an African American parolee, trying to reconnect with his estranged wife and son. What begins as a professional relationships develops into a friendship as Del shows his grouchy employer that life is worth living. (PG-13, 2 hours 6 minutes, Drama/Comedy)

THE FOUNDER

Monday, July 8 at 7:00 PM
Main Dining Room

The concept and expansion of McDonald's global fast-food empire represent one of the great success stories of American business. This meaty biopic profiles company founder Ray Kroc, whose canny instincts turned McDonald's into a golden brand. (PG-13, 1 hour 55 minutes, Drama / Biography)

CHEF

Monday, July 15 at 7:00 PM
Main Dining Room

When chef Carl Casper's plans for opening a restaurant in Los Angeles fail to pan out, he returns home to Miami and debuts a food truck instead. While trying to regain his zest for cookery, Carl also tries to mend his fractured family ties. (R, 1 hour 55 minutes, Drama/Adventure)

DOCTOR STRANGE

Monday, July 22 at 7:00 PM
Main Dining Room

After an auto accident ends his career as a neurosurgeon, Stephen Strange embarks on a quest to heal himself. His path leads him to the Ancient One, a mysterious mentor who trains Strange to defend Earth by becoming the next Sorcerer Supreme. (PG-13, 1 hour 55 minutes, Action Adventure/ Fantasy)

MURDER MYSTERY

Monday, July 29 at 7:00 PM
Main Dining Room

On a long-awaited trip to Europe, a New York City cop and his hairdresser wife scramble to solve a baffling murder aboard a billionaire's yacht. (PG-13, 1 hour 37 minutes, Comedy)

GREEN HILLS ON-SITE SPECIAL EVENTS

SUNSHINE STROLLERS

Fridays, July 5, 12, 19, and 26 at 10:00 AM
Sensory Garden

Every Friday we will visit in the Sensory Garden or stroll the grounds (weather permitting). **Whether it is assistance needed to push a wheelchair, an arm for steadiness or simply someone to chat with, we could use your help!** Volunteers offer an important opportunity to enjoy the fresh air, sunshine and social interaction with Health Care Center residents. Meet in the Sensory Garden or Health Care Activity Room. We will stay in the Health Care Activity Room for a social, if the weather is bad.

SENSORY GARDEN ICE CREAM SOCIAL

Tuesday, July 9

2:00 PM— Independent Living & The Lindens

3:00 PM — Health Care & Cedar Court

Enjoy the weather and ambiance out in the garden, this afternoon, with your friends and neighbors. Ice cream sundaes will be served. A big thank you to the Sensory Garden Club and Wayne for all the work they have done and for their continued help with the Sensory Garden! Please enter through the gate or the Health Care Center Activity Room. If the weather doesn't cooperate, this social will be held in the Health Care Activity Room.

DANCE DEMONSTRATION FIESTA

Friday, July 19 at 6:30 PM

Community Room

Shelby and Edgardo Ordoñez Jones are excited to show off their Latin dance skills and teach others how to dance (if interested). Such dances include the salsa, cumbia, bachata, and merengue. They will be trying out our new dance floor in the Community Room. Chips with various dips and other refreshments will be provided.

ALIANZA TACOS FOOD TRUCK

Tuesday, July 23 from 11:00 AM—2:00 PM

Lindens Parking Lot

Food trucks are common throughout the world. Most often associated with ethnic street food, they provide affordable, filling food, that is relatively simple to prepare. Today, food trucks offer every type of cuisine conceivable, from short rib tacos and fried desserts to gourmet lunch boxes. Green Hills is attempting to have a food truck each month over the summer, as a different option for lunch. This month, Alianza Taco, a food truck from Marshalltown, will provide an opportunity for a Mexican lunch. Their menu consists of a variety of meat tacos: beef, steak, chicken, sausage, pork and beef tongue for \$2.00 or less. Burritos, quesadillas, tortas, tamales and nachos are popular menu items with the highest price listed at \$8.00 for the specialty beef tongue meat. Open to all residents, staff and the public. Rain or shine!

JULY

DEVOTION SERVICES

Wednesdays at 10:30 AM

HCC Activity Room

3- Memorial Lutheran

Pastor Heilman



10- Hymn Sing

17- Trinity Lutheran Church

Pastor Jon Rollefson

24- Communion:

First United Methodist

Reverend Dr. Kirkpatrick

31- St. John's Episcopal

Reverend Kim Turner Baker

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

DEPARTMENT HEAD UPDATE

Tuesday, July 23 at 3:00 PM

Main Dining Room or

Community Room

Courtney Bieze, Food and Nutrition Services Director, and Linda Lauver, Marketing Director, will discuss their department roles. Join them in the Main Dining Room (or the Community Room pending arrival of the chairs) for a round table discussion.

COMMUNITY WIDE EVENTS AT GREEN HILLS

JULY 1 (MON) 9:30 AM	WOMEN'S COFFEE We will meet in the Main Dining Room. Everyone is welcome to join.
JULY 3 (WED) 10:00 AM	TED TALKS Ted Talks will offer insight into a current issue with time for discussion.
JULY 3, 10, 24, 31 (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.
JULY 4, 11, 25 (THURS) 10:00 AM	MEN'S COFFEE Meet in the Main Dining Room for this men's group social.
JULY 4, 11, 18, 25 (THURS) 1:30 PM	THE BISTRO STITCHERS Meet in Le Bistro and bring any type of hand work you are currently working on. Get acquainted with others who are working on their own projects. Whether or not you have a project, you are welcome to sit and visit with this weekly informal social group.
JULY 6 (SAT) 11:45 AM	POTLUCK Bring table ready food, serving utensils (all labeled) and table service including a beverage glass . Serving will begin at 11:45 AM.
JULY 8 (MON) 3:00 PM	BINGO Join your friends and neighbors in the Health Care Activity Room for this popular game. Refreshments and prizes will be provided.
JULY 10 (WED) 10:00 AM	THE CLIMATE CRISIS AND WHAT WE CAN DO (OR NOT DO) ABOUT IT Erv Klaas, Co-Chair of the Ames Climate Action Team, will present this month's Continuing Education Program held in the Main Dining Room. This crisis is a global problem but after nearly all of the countries in the world promised to lower their green house gas emissions, carbon in the atmosphere continues to go up even faster than before the Paris accord. Carbon dioxide in the atmosphere is now at 415 parts per million, the highest it has been in 800,000 years.
JULY 11 (THURS) 3:00 PM	SING-ALONG WITH US This sing-along is always a fun time! Everyone is welcome and refreshments will be provided.
JULY 12 (FRI) & JULY 26 2:00 PM	GAMES IN LE BISTRO You can play Rummikub, bring a favorite game of your own, or play a game provided in Le Bistro.
JULY 18 (THURS) 10:00 AM	KAFFEE KLATSCH All residents are invited to this social event. Refreshments will be provided.
JULY 24 (WED) 2:30 PM	TRIVIA TIME Meet in the Hickory Room for a fun game of trivia. We will have a variety of categories. Everyone has a chance to win a prize!
JULY 25 (THURS) 2:30—3:30 PM	LE BISTRO BANTER Get to know Bailey U. the new Marketing Coordinator at this monthly social held in Le Bistro.
JULY 26 (FRI) 4:30 PM	CLUB 2200 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.

CLUBS AND SUPPORT GROUPS

CLUB MEETINGS:

JULY 10 (WED) 2:00 PM	<u>BOOK CLUB</u> This month we will be discussing the book <i>Becoming</i> by Michelle Obama. Linda Best will be the discussion leader. (Hickory Meeting Room)
JULY 18 (THURS) 2:00 PM	<u>WINDOWS COMPUTER CLUB</u> The Windows Computer Club's purpose is to exchange knowledge of the operating system and programs. (Arts and Crafts Room)
JULY 31 (WED) 1:30 PM	<u>TECHNOLOGY CLUB</u> Share your knowledge or get answers to your questions. All residents are encouraged to come. (Arts and Crafts Room)

ALZHEIMER'S SUPPORT GROUP

Tuesday, July 9 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.

CRIBBAGE

Do you know how to play cribbage or would you like to learn? Contact Roger Beckett (x5218) who started this cribbage group. Roger will teach you how to play. There are several residents who have been playing. Games are scheduled depending on each person's schedule. **Currently Roger Beckett has the Traveling Trophy!** To have the trophy you need to win 2 out of 3 games. Contact Roger to be added to the group list.

REMINDER

POOL TIME WITH KATHRYN

Pool Time with Kathryn is **not** scheduled over the summer from Memorial Day to Labor Day. Thanks to all residents who are signing up to host an hour during Kathryn's regular swim times. If you would like to sign up, there is a clipboard outside the Fitness Room on the bulletin board in the Wellness Center. This will let others know that a buddy will be present. (The buddy does not need to get in the pool). Contact Brett, Wellness Coordinator, if you have any questions.

CAREGIVER SUPPORT GROUP

Monday, July 15 at 2:00 PM
Lindens Meditation Room

Often times, we hear caregivers say they are looking for support from people who "really understand because they've been there too." Our Caregiver Support Group offers just that- a place for caregivers, families, and friends to meet and develop a mutual support system. The Caregiver Support Group allows people to exchange practical information on caregiving problems and discuss possible solutions, talk through challenges and ways of coping, share feelings, needs and concerns, and learn about resources available at Green Hills and in the community.

The Caregiver Support Group meets every third Monday of the month for an hour, from 2:00— 3:00 pm in the Lindens Meditation Room.

Please contact Rian J., Health and Wellness Nurse Navigator at 515-357-5033 or rianj@greenhillsrc.com for any questions.

BILLIARDS ANYONE?

Are you interested in playing pool? There is a billiards calendar posted near the pool table on the second floor of the Sun Room of the Lindens. Please initial the day you play.

Contact Herb H. (x5396) or Rollie J. (x5155) if you are interested in knowing who plays or for more information.

TO-GO CONTAINERS

Remember to save your to-go containers to be donated to Food at First. The to-go containers can be left in the trash rooms in the Oaks and Maples. Townhouse residents may bring their containers to the first floor trash room in the Maples. After the June 11th pick-up, 44 containers were taken to Food at First. July pick up dates are the 9th and 23rd.

THE LINDEN LETTER

FOURTH OF JULY SOCIAL

Thursday, July 4 at 3:00 PM

Celebrated across the country, the 4th of July is a commemoration of the independence of the United States of America. This holiday is often celebrated with fireworks, sparklers, parades, and more! Come celebrate this illustrious holiday with us. We will meet on the first floor of the Lindens. God bless America and God bless Green Hills!

DINING IN WITH CAYLA

Thursday, July 11 at 12:00 PM

If you like food, and you like to socialize, this is the activity for you! A menu will be given out a few days prior to the lunch. It will be up to you to decide what you'd like to order. This is a great chance to have a taste of what Ames has to offer without leaving Green Hills! Come down to the first floor Lindens to eat and socialize with us.

MEET AND GREET

Friday, July 12 at 3:00 PM

Come meet the newest addition to the Lindens—Dean and Frieda Lehman! They are new to Assisted Living, but not new to Green Hills. Give them a warm welcome to the first floor of the Lindens neighborhood.

SIGHTSEEING

Wednesday, July 17 at 3:00 PM

It has been quite the summer! From having cold nights to hot summer days, we've seen it all. Come take a walk around Green Hills with us, to admire all the new additions and the good weather! Of course, this event is weather permitting!

BIRTHDAY PARTY

Thursday, July 18 at 3:00 PM

Happy Birthday to Virginia Richards this month! Come celebrate another year around the sun in the first floor Lindens. We hope to see you there.

GRILL OUT ON THE PATIO

Thursday, July 25 at 12:00 PM

We are hoping for a perfect summer day for our Grill Out on the Patio. On the menu this month is steak or a pork chop, sweet corn, potato chips and a dessert bar. Weather permitting, we will eat on the patio. The aides will come around ahead of time to take your order.

DINNER AND A MOVIE

Saturday, July 27 at 5:00 PM

A movie with dinner! What could be better! Come to the first floor Lindens to watch a movie and your meal will be brought to you from the dining room. We're looking forward to seeing everyone at the movie!

STAFF SPOTLIGHT: KAYLEE KNUTSON

Kaylee is a Resident Aide in Assisted Living. She also helps with Home Health as needed. She has worked at Green Hills for the last three and a half years. Her favorite thing about working here is being able to put a smile on the residents' faces. Kaylee's career goal is to become a Registered Nurse and work in Family Medicine.

Kaylee enjoys traveling to Louisiana, when she can, and trying new and different foods. A fun fact about Kaylee is she is great with animals! She is the owner of a year old puppy and loves to play with goats!

We are so lucky to have Kaylee as part of the Green Hills team!

HEALTH CARE HAPPENINGS

WELCOME

We extend our warmest welcome to Ruth Larson, Sharon Vandevoorde, Ruth McCully, Evelyn Fuller, and Mary Lokken.

BUS TO REIMAN GARDENS

Tuesday, July 2 at 1:30 PM

Kids of all ages will enjoy the various games and toys that will entertain and educate everyone on the wonders of nature. Join us for a tour of Reiman Gardens with their current exhibit, "Nature of the Game."

A staff member or volunteer will be paired with each resident. Multiple buses will be provided to accommodate wheelchairs. Green Hills will pay for the entry fee into Reiman Gardens.

SCENIC BUS RIDE TO JESTER PARK

Wednesday, July 3 at 3:00 PM

Jester Park has been one of central Iowa's favorite outdoor playgrounds since 1958. This 1,675-acre park on the western shore of Saylorville Lake offers camping, picnicking, and golfing in a quiet country setting just a half-hour from downtown Des Moines. Our scenic drive will take us through this popular park. You must be able to walk up the steps of the Green Hills' bus to go on this outing.

LUNCH BUNCH TO PROVISIONS

Thursday, July 11 at 10:45 AM

Join us for lunch when we head to Provisions. This restaurant offers a variety of tasty salads, sandwiches, and pizza. You'll want to save room for one of their delicious desserts!

Cash will not be needed at the restaurant; meals will be charged to the resident's account. We are able to accommodate wheelchairs on this outing.

NOTICE TO FAMILIES

Residents in the health care center cannot have over the counter medications kept at bedside. Rules and regulations require all medications, even over the counter ones, to be locked up in the medication room and have a nurse's order to administer. Some examples are: eye drops, Tylenol, and biofreeze. Please adhere to these rules, so we can provide the best care for your loved one.

CEDAR COURT

SUMMER FASHION TRENDS

Tuesday, July 16 at 1:15 PM

Discover what's hot and what's not according to the Summer Fashion Trends of 2019. We will reminisce about summer fashion trends from your era and speak about what's in fashion now.

MOUNT RUSHMORE FUN FACTS

Monday, July 29 at 9:30 AM

Mount Rushmore National Memorial is in the Black Hills of South Dakota. A historian, Doane Robinson, came up with the idea for Mount Rushmore in 1923 to promote tourism in South Dakota. We will discuss more about this National Memorial.

REMEMBERING OLIVIA DE HAVILLAND

Wednesday, July 31 at 11:15 AM

Olivia de Havilland's career spanned 53 years, including those considered the golden age of Hollywood. She won many awards. Join us to discover more interesting facts about this Hollywood legend.

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!

Wednesday, July 3	3:00 PM	HCC Scenic Bus Ride (Leaves from the HCC Entrance)	Jester Park
Thursday, July 4	6:15 PM	Municipal Band Concert	Bandshell Park
Tuesday, July 9	6:15 PM	Museums Around The World: From Ames to Australia	Ames Public Library
Thursday, July 11	6:15 PM	Municipal Band Concert	Bandshell Park
Friday, July 12	1:00 PM	GH Park Walk: Tedesco Park	Ames
Thursday, July 18	6:15 PM	Municipal Band Concert	Bandshell Park
Friday, July 19	1:00 PM	GH Park Walk: Christopher Park to Daley Park	Ames
Saturday, July 20	9:30 AM	Ames Farmer's Market	Downtown Ames
Thursday, July 25	4:00 PM	First Point Client Appreciation (By invitation Only)	Prairie Moon Winery
Thursday, July 25	6:15 PM	Municipal Band Concert	Bandshell Park

SPECIAL BUS EVENTS

MUSEUMS AROUND THE WORLD: FROM AMES TO AUSTRALIA

Tuesday, July 9

Bus Departure: 6:15 PM

Journey with globetrotters Allison Sheridan, University Museums staff, and Rae Reilly, University Museums docent, as we highlight our top museums both regionally and around the world. Let us be the guide for your next museum adventure. Come catch the art travel bug! This program is held at the Ames Public Library Auditorium is free and open to the public.

The Living with Art Lecture Series is presented in partnership by Ames Public Library, Ames Historical Society, Iowa State University Library, and University Museums.

LUNCH BUNCH TO NILAND'S CAFE

Tuesday, July 16

Bus Departure: 10:30 AM

Travel to this popular roadside café at the Reed/Niland corner in Colo. The café creates for visitors a "sense" of how gas, food, and lodging were once provided to motorists on the early highways. Enjoy the farm country views. This restaurant has specialty sandwiches, burgers, soups, salads and a variety of delicious pies. Order from the menu and pay individually.

GREENFIELD, THE CHARMING EMERALD CITY

Tuesday, July 30

Bus Departure: 9:00 AM

Don't miss out on this incredible day trip to Greenfield! Tour the restored opera house now known as the Warren Cultural Center. Enjoy a catered lunch and entertainment. After lunch, we'll have a guided bus tour of Greenfield Public Square Historical District. Feel the pride of a small town with big dreams. Then, we will head to the Henry A. Wallace Country Life Center. Enjoy a special homemade dessert while learning about the history and programming that goes on at the center. Cost is only \$31.00 per person (billed to your account), which includes all admissions, meals and guides! **Deadline to sign up is Monday, July 15th!**