



# The Green Hills Chimes

JULY 2019

Green Hills Retirement Community  
Ames, Iowa

The Chimes news-  
letter 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

Greetings everyone,

Having completed two full terms on the Residents Association Board of Directors, our by-laws state the time has come for someone else to have the opportunity you have given me. My term on the board actually began nearly seven years ago when invited to fill an unexpired term, and those years have been filled with unparalleled growth making Green Hills the best planned living community possible. And, as Bob Kern said recently "In equipping our community for the ultimate in retirement living in Central Iowa, we had developed our Fitness Center and Aerobics Center for workouts and Therapy Pool for water exercise and recreation. Now, we have added facilities for social and intellectual activities: theater, meeting rooms, private dining rooms plus hair and nails and massage salons." So, what comes next? Who knows? It depends on the next best idea, or ideas, and I'm counting on our residents, staff and boards to find the idea(s) and when it comes to a vote, the residents will decide.

When thinking of what may be the most important words to say for this (my last) Presidents Page, two words stand out, they are simply, "Thank you." Now comes the hard part, whom should be placed on the list? Obviously, Rod Copple is at the top for he covered for my shortcomings in more ways than I want to mention. Next are all of the members of the boards for they came to my aid so many times that I should be embarrassed. Numerous staff gave me answers to questions that I should have known. Then I must add all of our wonderful employees who work hard to maintain the high standards of Green Hills. Every resident should also be on the list for this community is what it is only because of everyone's participation. You get the idea, we are what we are because of us.

*continues next page →*

I also want to give special thanks to Pat Thompson and Molly Ethridge for their hard work and ability to create the Green Hills Chimes. They are two of the best publishers anywhere and willingly serve to make us all better informed GH citizens.

And finally, I thank you for the privilege of serving as President of the Board of Directors for the last five years, and for nearly seven years on the board. Those years have been especially exciting for during that time the Health Care Center was just finishing their updates, and the Wellness Center, Assisted

Living, Maples and the Amenities were constructed, occupied and are now being enjoyed by all. When showing and/or describing those facilities to my children and grandchildren, they say “Wow, that’s a lot of change and improvement to Green Hills, grandpa. We are so proud that you live there.”

Thanks for continuing to spread positive words about living at Green Hills where the best ideas prevail. Good suggestions are always welcome. I may be reached at 296-5093 and/or at pob@iastate.edu

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## Word of Thanks

I want to thank all those that participated in the Memorial Event: the speakers, the Green Hills Chorus, director and pianist and Maggie who made the slide show of those that passed away. Also, a special thanks to the Green Hills staff that helped so much in setting up before the service. You are all just great!

—Janet Shoenhair  
Chair of the Memorial event

### **The Green Hills Chimes**

#### **Publisher:**

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#### **Submissions Deadline:**

15<sup>th</sup> of each month

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## The Friendship Committee

sends cards each month to residents celebrating birthdays. 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.

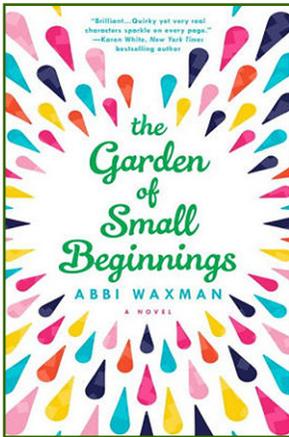


*New Books in the Green Hills library, June 2019*

New books are on the top shelf by the windows.

| <b>AUTHOR</b>     | <b>TITLE</b>   | <b>CATEGORY</b>        |
|-------------------|--|------------------------|
| Baldacci, David   | <i>The Keeper: Vega Jane (Book 2)</i>  | Fiction                |
| Brooks, David     | <i>The Second Mountain: The quest for a moral life</i>                       | Phil/Psych—large print |
| Cantu, Francisco  | <i>The Line Becomes a River: Dispatches from the border</i>                  | Biography              |
| Field, Sally      | <i>In Pieces: A memoir</i>   | Biography              |
| Grisham, John     | <i>The Reckoning: A novel</i>  | Fiction                |
| Grisham, John     | <i>Camino Island: A novel</i>  | Fiction                |
| Gyasi, Yaa        | <i>Homegoing: A novel</i>  | Fiction                |
| Kaplan, Robert D. | <i>Earning the Rockies: How geography shapes America's role in the world</i> | Geography              |
| Leon, Donna       | <i>Drawing Conclusions: A Commissario Guido Brunetti mystery</i>             | Fiction                |
| Michaelides, Alex | <i>The Silent Patient</i>  | Fiction                |
| Miller, Sarah     | <i>Caroline: Little house, revisited</i>                                     | Fiction                |
| Ng, Celeste       | <i>Little Fires Everywhere: A novel</i>                                      | Fiction                |
| Page, Susan       | <i>The Matriarch: Barbara Bush and the making of an American dynasty</i>     | Biography              |
| Washington Post   | <i>The Mueller Report</i>  | Reference              |

## Book Report: The Garden of Small Beginnings by Abbi Waxman



As we begin a new growing season, along comes *The Garden of Small Beginnings* offering a poignant, funny, original story about a young widow that brightens and expands a summer day of reading. It seems improbable that this warm story of a young widow with two young daughters would offer the reader so many moments of wit and insight. Lili Girvan, an illustrator, is sent to “gardening school” in preparation for an assignment to illustrate a gardening book for her publishing company editor. She takes along her daughters, seven-year-old Annabel and four-year-old Clare, and her supportive sister Rachel to the weekly classes where they learn about new beginnings. Yes, the book includes practical as well as humorous gardening tips. When offering advice on how to grow radishes, Lili concludes her advice with “Don’t crowd them! They need sun. If they don’t get enough sun, they will retaliate by focusing their energy on growing leaves, and you’ll have to go buy radishes and lie about your horticultural prowess”. This easy, feel good read about overcoming loss, accepting change and the power of community to help us heal is available in our Green Hills Library.....waiting for someone to check it out.

—Joan Herwig

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### Welcome to our New Green Hills Library see accompanying photos on next page

The Library Committee is so pleased to be able to welcome ALL of our Green Hills residents to our newly completed library. It is bright and cheerful with sunshine and great lighting, and with comfortable seating for reading a book, and tables and chairs for reading the current newspapers and magazines. A new rack for paperbacks (which are still free) is on casters and can be moved easily. The large print books are immediately to the right of the entrance as you come into our library and the fiction books are on the longer wall to the right. The counter under the windows holds the new books and other miscellaneous items such as the box for donations. The bookshelves on the left of the entrance hold the nonfiction books such as Biographies, History, etc. Iowa books are also on that wall near the end of the bookshelves. Our committee members will still be in the library on Mondays from 1:00 pm to 2:00 pm and Wednesdays from 9:00 am to 10:00 am when the Ames Public Library books will be available for checkout. Checking out GH library books remains the same as before, and the checkout file is on the small counter top to the left of the entrance. Please come in to see the new library, ask questions, read the papers and magazines and check out books. Or just come in to enjoy the library; we will do our best to assist you.

—Joyce Mercier, Chair

## Welcome to our New Green Hills Library

New books on the window counter

Non-fiction to the left



Fiction to the right

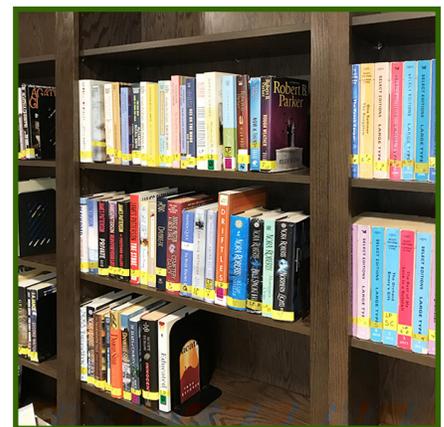


Rack for paperback books: no check-out required. Fiction is shelved on the long wall behind it.

Non-fiction is along wall to left of entry.



The window counter holds new books and other loose items of interest.



Large print books are to the right of the entry.



**Long May It Wave**  
Art by Lori Schory

1000-piece shaped puzzle  
worked by 7th Floor Oaks residents

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## Yes2HealthyLiving Committee Tips

Travel plans this summer or fall? Here are some travel hints from WebMD and Wellmark to improve your chances of staying healthy and happy while traveling:

1. Remember to stay hydrated. Drink plenty of water to offset the dehydrating effects of air travel and help your immune system run smoothly. Avoid sugar-laden food and drink. Favor tea over coffee. Also hydrate your skin with a small spray bottle of water or water combined with 10 drops of essential oil (geranium, rose, sweet orange or lemon either alone or in combination) to 4 ounces of water.
2. Eat plenty of vegetables and fruits, and limit alcohol consumption.
3. Disinfect armrests, seatback pockets, pull down trays with travel-sized disinfecting wipes and carry and use a travel size hand sanitizer. And as always, twenty seconds of hot water and soap while hand washing are still the most effective way to keep hands clean.
4. Be active. On long trips, periods of inactivity and immobility increase the risk of deep vein thrombosis (DVT). Contract and relax calf muscles or tap feet. Once you arrive, plan exercise in hotel workout rooms or work in a long walk.
5. Try not to touch your face. Germs can enter through your eyes, nose, and mouth.
6. Don't skimp on sleep while you are away.
7. Be familiar with the area you are traveling. Check [Cds.gov/travel](https://www.cdc.gov/travel) for destination-specific guidance, recommended vaccines, health notices, and your destination's tap water situation.

Hope these healthful guidelines help you have a great trip! Happy Trails to You!

## Thanks and Welcome to the Green Hills Advisory Council

June 15, 2019

The June 10 Advisory Council meeting marked the final 2018-2019 council meeting for members Bob Angelici, Lucy Futrell, Eilene Hovick, and Jenna McCarley. It is noteworthy that all four of these residents have served us as council members for the past six years. Bob has served as chairperson for both of his three -year terms, and both Lucy and Eilene served as vice-chairperson for one term. Imagine all four of them attended some 72 council meetings over the past six years in addition to other council activities!! Thanks to all four members for your leadership and service.

While we celebrated and acknowledged the service of our outgoing council members, we also welcomed our newly elected 2019-2020

council members. They are Herb Harmison, Ann Hein, Ruth G. Larson, Kelly Tobin, Norma Speer, Bill Fales and Joyce Mercier. Joan Herwig became Advisory Council chairperson and Katie Pattee was elected vice-chairperson.

The next Advisory Council meeting will be held July 8, 2019 at 9:00 a.m. (the second Monday of every month) in the Pine Room. All meetings are open to residents. Council and board meeting minutes are available for your reading in the Green Hills Library. The names of all board and council members, and board and council committee members are listed in our Green Hills Directory.

—Joan Herwig  
Advisory Council Chairperson

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### LIVING WITH ART LECTURE SERIES MUSEUMS AROUND THE WORLD: FROM AMES TO AUSTRALIA

Ames Public Library Auditorium, 515 Douglas Ave.

Free and open to the public

Speakers: Allison Sheridan and Rae Reilly (Green Hills resident)

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!

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

Tuesday, July 9, 2019, 7:00 p.m.

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## THE RESULTS ARE IN:

### Newly-elected to our Board of Directors:



Alan Atherly



Clete Mercier



Carol Volker

Continuing members, Board of Directors: Elizabeth Angelici, Jerry Hall, Allen Trenkle, Ann McMullin, and non-residents Chuck Jons and Dan Krieger.

### Newly-elected to the Advisory Council:



William Fales



Herb Harmison



Ann Hein



Ruth G. Larson



Joyce Mercier



Norma Speer



Kelly Tobin

Continuing members, Advisory Council: Ted Hutchcroft, Joan Herwig, Larry Mitchell, Nancy Hall, Bruce Munson, Katie Pattee, Paul Rietz, Cliff Smith.

## Enjoy our prairie this season!

Etha Hutchcroft shares her 2018 photos  
of our Green Hills prairie.



## Staff Notes

Employees completing their 90 days in July are:

Elizabeth C., CNA

Taylor W., CNA

Jessica W., Dietary Aide

Ashley B., Bistro Waitstaff & Server

Joy H., Assisted Living Resident Aide

Ed's  
Cartoon  
Corner

