

NEWS AND ANNOUNCEMENTS

June 2019
Events and Programs

NURSING ASSISTANTS WEEK

June 13—June 20

Green Hills has 81 Certified Nursing Assistants employed here. We appreciate the hard work, dedication, love and care the nursing assistants provide to our residents.

SUMMER READING BUDDIES

Raising Readers in Story County needs volunteers for their Harrison Barnes Reading Academy Summer Reading Buddies program. This is a great volunteer opportunity, which would allow you to make an impact on children from Story County.

Summer Reading Buddies focuses on maintaining or improving literacy skills for children who have finished Kindergarten through 3rd Grade to prevent summer learning loss. Volunteers go through a background check and are trained in the *Words Their Way* curriculum. Each student will have an individualized lesson plan created by site supervisors and volunteers will carry out the lesson plans provided for them. Volunteers then work one-on-one with their Reading Buddy twice a week for 45 minutes for six weeks June 10th through July 25th. This is just 1.5 hours a week! There is no program July 1 through July 5. An end of the program celebration will take place at Reiman Gardens in Ames on July 26th.

Sign up to volunteer online at: <https://www.raising-readers.org/programs/k-3-reading-buddies/k-3-reading-buddies-volunteer-tutor-registration/> Contact Randie Camp at 515-520-8686 with questions. Thank you in advance for your commitment to serving children and families in Story County!

LE BISTRO RESERVATIONS

Le Bistro can only be reserved for events during non open hours. Events can be held in Le Bistro during open hours, but they aren't limited to that specific event. Thank you for your understanding.

POOL TIME WITH KATHRYN

Pool Time with Kathryn is **not** scheduled over the summer from Memorial Day to Labor Day. We are looking for residents to host an hour during Kathryn's regular swim times. There will be a clipboard to sign up outside the Fitness Room on the bulletin board in the Wellness Center. This will let others know that a buddy will be present. Contact Brett, Wellness Coordinator, if you have any questions.

HAPPY BIRTHDAY!

Bev Madden—6/2

Art Klein —6/4

Don Schmelzer—6/4

Bob Underhill—6/10

Sandra Engle—6/12

Wayne Fuller — 6/15

Doris Brown —6/16

Margaret Goltermann —6/16

Mo Reimers —6/18

Linda Peters — 6/19

Rollie Jenison—6/20

Barbara Bruene —6/22

Evelyn Fuller —6/23

Katie Pattee —6/24

Pam Oliver —6/26

Jan Payer —6/26

Warren Madden —6/27

Jeff Berger —6/28

Ed Ethridge —6/30

Health Care Center

Sally Greve 6/2

Lois Lorenz 6/8

Liz Howell 6/13

Jerry Grady 6/20

Donna Henry 6/22

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Follow us:



DINING SERVICES

CHEF'S BREAKFAST

June 6, 13, 20, 27
8:00—10:00 AM

GREEN HILLS CAFÉ

Wednesday, June 12 and June 26
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 Clinic

Thursdays, June 6, 13, and 27
9:30 AM

Ames Hearing Aid Clinic

Tuesday, June 11
9:30 AM

Clinics will be in Le Bistro until further notice of return to the Wellness Center.

SHOPPING TRIPS 1:30 PM

HyVee: Mondays, June 3, 10, 17, 24

Fareway: Thursdays, June 6, 13, 20

North Fareway: Thursday, June 27

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.

NAMETAG REMINDER

Please remember to wear your nametag to all in house Green Hills' events.

MOVIES AT GREEN HILLS

A STAR IS BORN

Monday, June 3 at 7:00 PM
Main Dining Room

Seasoned musician, Jackson Maine, discovers (and falls in love with) struggling artist, Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battles with his own internal demons. (R, 2 hours and 14 minutes, Drama/Romance)

CAN YOU EVER FORGIVE ME?

Monday, June 10 at 7:00 PM
Main Dining Room

Lee Israel is a frustrated, hard-drinking author who can barely afford to pay her rent or bills in 1990's New York. Desperate for money, Israel soon hatches a scheme to forge letters by famous writers and sell them to bookstores and collectors. When the dealers start to catch on, Lee recruits a dubious friend to help her continue her self-destructive cycle of trickery and deceit. (R, 1 hour 47 minutes, Drama/Crime)

ON THE BASIS OF SEX

Monday, June 17 at 7:00 PM
Main Dining Room

Ruth Bader Ginsburg is a struggling attorney and new mother who faces adversity and numerous obstacles in her fight for equal rights. When Ruth takes on a groundbreaking tax case with her husband, attorney Martin Ginsburg, she knows it could change the direction of her career and the way the courts view gender discrimination. (PG-13, 2 hours, Legal Drama)

THE UPSIDE

Monday, June 24 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)

GREEN HILLS ON-SITE SPECIAL EVENTS

OPERA ABROAD

Monday, June 3 at 3:00 PM
Main Dining Room

Aaron Stegemoller, Green Hills Maintenance Team Member, will share experiences of the day to day process of opera in Europe compared to the United States. Over his extensive singing career, Aaron has traveled and sang abroad.

AMES POLICE DEPARTMENT SCAM TALK AND CARFIT PRESENTATION

Tuesday, June 4 at 1:30 PM
Main Dining Room

This presentation will be given by Detective Adi Johnson of the Ames Police Department. She will touch on recent scam techniques and also talk about the CarFit program. CarFit is a free, interactive and educational program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility when they hit the road.

DENTAL PRESENTATION

Friday, June 7 at 1:00 PM
Main Dining Room

Dr. Brandon Patten will talk about proper hygiene techniques, adaptive equipment for those with disability, and the risks of poor dental hygiene and how it relates to overall health. This program is sponsored by the Informational Committee.

THE KEVIN HERBEL FAMILY

Friday, June 7 at 6:30 PM
Main Dining Room

Family of Dale and Donna Shenefelt are going to share their music with us. This talented family plays multiple instruments such as piano, flute, guitar, violin and harmonica. They will entertain with classic hymns and praise songs.


HOVICK PETTING ZOO & KONA ICE

Tuesday, June 18 from 1:30—3:30 PM
Grassy Area in Lindens Parking Lot

Don't miss the affectionate animals that are coming for a visit. Miniature pigs, cows, llamas, goats, donkeys, and a camel are some that you might see. You will have the opportunity to feed the animals with the provided food. This kid friendly event will be held in the Linden's parking lot grass area. The Kona truck will also be there, where you can get a refreshing cup of gourmet tropical shaved ice our treat. Family, friends and kids are welcome to this exciting summer event!

JUNE

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- **Communion:**
First United Methodist
Reverend Dr. Kirkpatrick

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

SUNSHINE STROLLERS

Fridays, June 7, 14, 21, 28 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.



A special Father's Day wish to all
fathers and grandfathers on
Sunday, June 16th.

COMMUNITY WIDE EVENTS AT GREEN HILLS

JUNE 1 (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.
JUNE 1 (SAT) 3:30 PM	ALICIA DOWDEN PIANO RECITAL Listen as Alicia Dowden's piano students perform their spring recital. Students range from six years old to high school age.
JUNE 3 (MON) 9:30 AM	WOMEN'S COFFEE We will meet in the Main Dining Room. Everyone is welcome to join.
JUNE 4 (TUES) 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.
JUNE 5 (WED) 10:00 AM	TED TALKS Ted Talks will offer insight into a current issue with time for discussion.
JUNE 5, 12, 19, 26 (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.
JUNE 6, 13, 27 (THURS) 10:00 AM	MEN'S COFFEE Meet in the Main Dining Room for this mens group social.
JUNE 6, 13, 20, 27 (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.
JUNE 6 (THURS) 3:00 PM	SING-ALONG WITH US Songs for the next sing-along have been selected from the Get America Singing volume 2 book. You are sure to know these popular favorites. Everyone is welcome and refreshments will be provided.
JUNE 12 (WED) 10:00 AM	CONTINUING EDUCATION Theresa Cooper, ISU College of Agriculture and Life Sciences Assistant Dean for Diversity and Director of the George Washington Carver Summer Internship Program will speak on her current work, also of her families personal benefits of this work.
JUNE 14 (FRI) & JUNE 28 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.
JUNE 19 (WED) 2:30 PM	TRIVIA TIME Meet in Le Bistro for a fun game of trivia. We will have a variety of categories. Everyone has a chance to win a prize!
JUNE 20 (THURS) 10:00 AM	KAFFEE KLATSCH All residents are invited to this social event. Refreshments will be provided.
JUNE 27 (THURS) 2:30-3:30 PM	LE BISTRO BANTER Get to know Mary Grace D. and Natalia Z. both Dietary Aides at this monthly social held in Le Bistro.
JUNE 28 (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:

JUNE 12 (WED) 2:00 PM	<u>BOOK CLUB</u> At this meeting we will choose what books we will read for the upcoming months. Bring a few books to share. (Lindens Sun Room)
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JUNE 20 (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)
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JUNE 26 (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)
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ALZHEIMER'S SUPPORT GROUP Tuesday, June 11 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.

CAREGIVER SUPPORT GROUP Monday, June 17 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.

WELCOME ANGEL WELLNESS INTERN

My name is Angel Barrera and I am completing my practicum this summer at Green Hills as a Wellness Intern.



A little bit about myself: I was born and raised in Chicago, Illinois. I moved to Ames, Iowa in 2012 to pursue a college education. I recently graduated from Iowa State University with a Kinesiology major with emphasis in Exercise Science. I plan on getting certified for personal training and group fitness sometime this summer.

I have two dogs at home that I love to take on walks when the weather is warm. We love to go to parks, forest preserves, and hiking trails while getting muddy or exhausted under the sun. I love to watch Chicago sports teams play, mostly the Chicago Bears. Hopefully they can get a Super Bowl Championship real soon.

I look forward to meeting everyone at the fitness center and learning more about yourselves, as well as, learning how to teach and interact with everyone during fitness classes.

BILLIARDS & CRIBBAGE

Residents are still playing billiards and cribbage games. If you are interested, contact Rollie Jenison to play pool and Roger Beckett to play cribbage.

TO-GO CONTAINERS

In June the to-go containers will be collected on Tuesday, June 11 and Tuesday, June 25. 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. Sixty-four containers were collected and donated in May.

THE LINDEN LETTER

NATIONAL DONUT DAY

Friday, June 7 at 3:00 PM

To some, this may be one of the most important holidays of the year! To celebrate this wonderful occasion we will come door to door and serve donuts from *Dunkin' Donuts* for you to enjoy. We can't wait to celebrate, can you?

NATIONAL CANDY MONTH

Thursday, June 13 at 3:00 PM

During National Candy month, we will take a moment to focus on the companies and individuals who make the treats so many Americans enjoy throughout the year. Come snack on various candies to celebrate this delicious holiday, on the first floor of the Lindens!

FIRST DAY OF SUMMER SOCIAL

Friday, June 21 at 3:00 PM

Can you believe that it is finally summer? After the Polar Vortex and rainy spring, summer is finally here! Come celebrate the first day of this bright season with some snacks, drinks, and hopefully some sunshine!

COFFEE AND CONVERSATION

Thursday, June 27 at 10:00 AM

What is better than a fresh cup of coffee in the morning? Come chit-chat about whatever comes to mind, over a cup of coffee and a slice of coffee cake, on the first floor of the Lindens!

GRILL OUT

Thursday, June 27 at 12:00 PM

Our Grill Outs are starting! You have your choice of a burger or brat and all the fixings. Weather permitting, we will eat on the patio. The aides will come around ahead of time to take your order.

PATIO PARTY

Friday, June 28 at 3:00 PM

Spend the afternoon outside soaking up the sun! With a lemonade in hand and June weather, what could be better? This event is weather permitting. We will meet indoors if the weather is questionable.

STAFF SPOTLIGHT CAYLA BULLERMAN

Cayla, Registered Nurse (RN), and Assisted Living and Home Health Coordinator oversees the Lindens tenants. She is the only RN on staff at the Lindens.

Cayla was born in Heidelberg, Germany but grew up mainly in Iowa. She would love to take a return trip to Heidelberg because she does not remember it as a child.

Cayla began working at Green Hills in July of 2009 as a certified nursing assistant. In December of 2011, she obtained her Bachelor's Degree in Psychology from Iowa State University. She continued her education in the medical field by receiving her Licensed Practical Nurse (LPN) in May of 2015 and becoming a RN in April 2017 from DMACC. With her increase in education, came promotions at Green Hills. Cayla worked in the Health Care Center as a LPN and RN. In December of 2016, Cayla became the Assisted Living/Home Health Coordinator. Her next adventure is to obtain her Bachelor's in Nursing, which she recently started working towards.

One of Cayla's lifetime goals is to watch a baseball game in all of the major league stadiums. She has been to three thus far, and has many more to go! When not at work, she enjoys spending her time off with her boyfriend, Jason, and her dog Tidus.

We are so thankful to have Cayla as a part of our team at Green Hills!

HEALTH CARE HAPPENINGS

WELCOME

We extend our warmest welcome to Linda Galyon, Jean Seiser, Jen Peters, and Alyce Holland.

FRESH AIR FITNESS

Tuesdays, June 18 & 25 at 10:30 AM

Starting on June 18th, we will be doing our Tuesday morning exercises in the Sensory Garden, weather permitting. Being outdoors is not only beneficial for the body, but also for the mind. In addition, it helps support heart health. Join us for exercises in the garden!

STRAWBERRY SMOOTHIES

Tuesday, June 11 at 2:30 PM

Strawberries are a great source of fiber, vitamin C, and antioxidants. Join us in the activity room as we make our yummy strawberry smoothies!

SCENIC BUS RIDE TO ISU CAMPUS

Wednesday, June 12 at 3:00 PM

Whether you studied or worked at Iowa State University or know someone who did, there's no doubt that living in Ames makes you feel connected to this great university. Lagomarcino Hall, Beardshear Hall, and the Memorial Union are just a few favorite Cyclone sites that we'll see and reminisce about on this ride through campus! You must be able to walk up the steps of the Green Hills' bus to go on this outing.

LUNCH BUNCH TO FLAME & SKEWER

Thursday, June 13 at 11:00 AM

This Lunch Bunch trip will take us to Flame & Skewer in the mall. They serve gyros, burgers, souvlaki, salads, and more. The buses will leave at 11:00 AM. You do not need money; your order will be billed to your account. We are able to accommodate wheelchairs.

CHOCOLATERIE STAM

Wednesday, June 26 at 3:00 PM

Chocolaterie Stam is known for their fine chocolates that are made from the finest Belgian chocolate and Stam family recipes that date back to 1913. Terry, the owner of the Main Street shop, will describe the history and the process of creating the delicious gelato they serve at the downtown store.

CEDAR COURT

THE MARVELOUS MANATEE

Monday, June 3 at 6:00 PM

Manatees are large aquatic mammals with broad bodies that taper to a flat, paddle-like tail. They typically reach 10 to 12 feet in length. We will learn more facts about these marvelous creatures at this evening program!

COFFEE CLATTER

Thursday, June 13 at 3:30 PM

Enjoy a slice of pie while we listen to piano music played by our loyal volunteer, Don Wishart. Take your pick of cherry cheesecake or lemon meringue pie!

ARMCHAIR TRAVEL: PORTUGAL

Monday, June 17 at 4:15 PM

Portugal has a pleasing Mediterranean climate, gorgeous coastline, and a rich culture. There is little wonder it is such a popular tourist destination. Learn more on this Monday afternoon.

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.

Thursday, June 6	6:15 PM	Municipal Band Concert	Bandshell Park
Wednesday, June 12	3:00 PM	HCC Scenic Bus Ride (Leaves from the HCC Entrance)	Iowa State Campus
Thursday, June 13	6:15 PM	Municipal Band Concert	Bandshell Park
Friday, June 14	1:00 PM	GH Park Walk: Ada Hayden Park	Ames
Saturday, June 15	1:30 PM	Mel Larsen 95th Birthday Social	Clive
Saturday, June 15	6:45 PM	Actors: Curtains	Actors Theatre
Thursday, June 20	10:00 AM	HyVee Diabetes Food Tour	Ames HyVee
Thursday, June 20	6:15 PM	Municipal Band Concert	Bandshell Park
Saturday, June 22	9:30 AM	Ames Farmers Market	Downtown Ames
Wednesday, June 26	6:15 PM	From Fair View to Parkview	Ames Public Library
Thursday, June 27	10:00 AM	HyVee Heart Health Food Tour	Ames HyVee
Thursday, June 27	6:15 PM	Municipal Band Concert	Bandshell Park
Friday, June 28	1:00 PM	GH Park Walk: Brookside Park	Ames

SPECIAL BUS EVENTS

LUNCH BUNCH TO MAIN STREET CAFÉ

Tuesday, June 11 at 10:30 AM

Main Street Café is a family owned café that came to Ankeny, Iowa in 2015. They have 2 generations of family involved in the business. Their menu features a wide variety of tasty items, such as pastas, salads, sandwiches, wraps, paninis, burgers, griddle melt's, and flatbreads. Main Street Café also has a bakery that features cookies, cakes, pies, and a selection of gluten sensitive and vegan desserts. We will order at the counter when we arrive, and they will bring it to our tables. Sign up in the bus book to join us on this fun outing! Order off the menu and pay individually.

DINING OUT WITH ROD:

WEST TOWNE PUB

Tuesday, June 18 at 4:45 PM

Located in West Ames, West Towne Pub specializes in good food, good times, and cold beer. They are known for their delicious burgers, but also have pizza, salads, soup, and sandwiches. Sign up in the bus book to join Rod on this evening out! Order off the menu and pay individually.

DAYTRIP: DES MOINES ART CENTER AND SCULPTURE PARK (ARTS & ICE CREAM)

Tuesday, June 25 at 10:00 AM

We'll start with lunch at the newly opened restaurant Tangerine at the Art Center before our guided tours. Then enjoy a guided tour of both the Des Moines Art Center and the Pappajohn Sculpture Park! After our arts tour, we'll stop at the famous Bauder's Ice Cream.

See insert for more information with this trip and the upcoming daytrips.