



The Green Hills Chimes

JUNE 2019

Green Hills Retirement Community
Ames, Iowa

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

Inside this issue:

3

New Books

4

Book Review

Continuing Ed.

Art Demonstration

5

Anniversary

6

Poem

7

Healthy Living

Next Door on Line

8

Brain Health

9

Staff Notes

Amenities

Open House

10

Cartoon

GHRA President's Message

Greetings Everyone,

The residents of Green Hills are absolutely the best. Best friends, volunteers, leaders and workers. You get the point. Some planned living communities advertise their beautiful facilities, gorgeous scenery, pleasant wintertime weather and fancy things that they proudly describe to their family, friends and prospective neighbors. But, for most of us, it's just the people, those who originate the ideas, decide how to make them work towards the goal of having best ideas prevail for the benefit of everyone. Speaking of best ideas, who would have dreamed how beautiful and functional the 2019 additions to GH would be? Are you half as excited as I am? I can hardly contain myself when describing the Amenities and the new Garden Duplex. But, just think how much GH has changed in the last seven years. 1) Complete update and remodel of the Health Care Unit, including Aspen Court and Cedar Court for memory care, 2) The Lindens with 16 assisted living apartments, 3) The Wellness Center, including exercise rooms, showers and a heated therapy pool. And, in 2017 we added 32 upscale apartments in the Maples. What will be the next best idea? Who knows? Keep tuned.

When this issue of the Chimes arrives, the annual shareholders meeting will be history. The newly elected members of the Residents Association Board of Directors and the Advisory Council will have been announced. Congratulations to all who were elected and thanks to those who continue their terms. We appreciate your willingness to serve and trust the experience will be wonderful for everyone. Thanks also to those who agreed to run for a position but were not elected. I trust you will join a committee or two and consider running for an elected position again next year.

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Also, we thank those who planned the recent Service of Remembrance, featuring our friends who left us last year. Join me in thanking Bob Kern for recalling so many memories of those residents and all they did to enrich our lives. We will miss them.

Maybe, spring has finally arrived with lovely flowering trees, green grass, daffodils and tulips. We've been celebrating springtime events such as Mothers's Day, Graduations, and Memorial Day . Outdoor sports like track, softball and soccer invite us to go outside. Our

campus is especially beautiful for leisurely walks and enjoying nature's natural recovery from winter. Additional thanks should be given to the hard work by the grounds staff and the good planning by residents who lived here before us. Life is good.

Special welcome our newest residents. 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
—Paul Brackelsberg



Please welcome
Mark & Deborah Blaedel
Townhouse 2312 Hamilton Drive
and **Glynn & Dagmar Frank**
Townhouse 2215 Hamilton Drive, x5149

The Green Hills Chimes

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Submissions Deadline:

15th of each month

The Friendship Committee

sends cards each month to residents celebrating birthdays.

Please call the following Committee members if there are occasions when a contact should be made to recognize illnesses and deaths:

June 2019:

Apartments: Ann Meierkord x5223

Town Homes: Anne Durland x5398

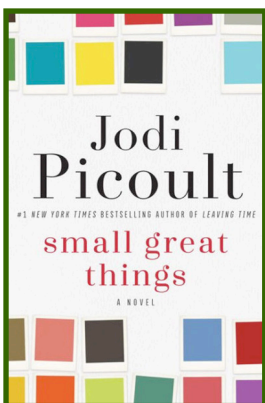


New Books in the Green Hills library, May 2019
New books are shelved on the white shelves by the windows.

Barbara Munson, for the Green Hills Library Committee

AUTHOR	TITLE	CATEGORY
Box, C.J.	Wolf Pack: A Joe Pickett novel	Fiction—large print
Hillerman, Anne	The Tale Teller: A Leaphorn, Chee & Manuelito novel	Fiction—large print
Iles, Greg	Cemetery Road: A novel	Fiction—large print
Jenoff, Pam	The Lost Girls of Paris: A novel	Fiction—large print
McMorris, Kristina	Sold on a Monday: A novel	Fiction—large print
Owens, Delia	Where the Crawdads Sing: A novel	Fiction—large print
Quinn, Kate	The Alice Network: A novel	Fiction—large print
Roker, Al	Ruthless Tide: The heroes and villains of the Johnstown flood, America's astonishing Gilded Age disaster	History
Winspear, Jacqueline	The American Agent: A Maisie Dobbs novel	Fiction—large print

Book Report: Small Great Things by Jodi Picoult



Ruth Jefferson is a labor and delivery nurse at a Connecticut hospital with more than 20 years experience. During her shift, Ruth begins a routine check on a newborn, only to be told a few minutes later that she has been reassigned to another patient.

The parents, Turk and Britt Bauer are white supremacists and don't want Ruth who is African American to touch their child. The hospital complies with their request, but the next day, the baby goes into cardiac arrest while Ruth is alone in the nursery. Does she obey orders or does she intervene?

Ruth hesitates before performing CPR and, as a result, is charged with a serious crime.

Kennedy McQuarrie, a white public defender, takes her case but gives unexpected advice: Kennedy insists that mentioning race in the courtroom is not a winning strategy.

Conflicted by Kennedy's counsel, Ruth tries to keep life as normal as possible for her family—especially her teenage son—as the case becomes a media sensation.

As the trial moves forward, Ruth and Kennedy must gain each other's trust, and come to see that what they've been taught their whole lives about others—and themselves—might be wrong.

With incredible empathy, intelligence, and candor, Jodi Picoult tackles race, privilege, prejudice, justice and compassion, and doesn't offer easy answers.

—Janet Shoenhair

Continuing Education



Wednesday, June 12: Theresa Cooper, Assistant Dean for Diversity and director of the summer Research Institute Project will speak on the life and legacy of George Washington Carver.

Wednesday, June 5: For the "TED" talk, an IPTV video on the life of George Washington Carver will be shown.

In the Art Gallery

Greg Lamont, potter, will have pieces on display in the vitrines by the mail room and by the Gallery. Greg will present a live demonstration of his creative process and techniques on a June date yet to be decided.

June 12, 1949



2019

We Are Invited:

Friends and neighbors are invited to an informal reception celebrating the 70th wedding anniversary of Craig and Janet Beer to be held in the Green Hills Community Room on Saturday, June 22, 2:00-4:00 pm.

There will be light refreshments and music for listening and dancing. Please come to mingle a while and share some memories.

Green Hills Service of Remembrance 2019



We think of those we loved who've gone before us,
and think of those they loved and left behind.

We dedicate our tears this special Friday,
and thank the Lord for all the ties that bind.

The years of joy and happy days of laughter
the many friends so very close and dear,
those cherished ones now safe in the hereafter
in quiet rest beyond all pain and fear.

Rejoice my friends, that you had time together;
a time of children strong and sometimes wise.
The precious years of spouses' tender presence
whose caring, sheltering love was such a prize.

So draw your courage oh so closely to you,
tomorrow really is another day;
then use your past to build a strong tomorrow
and make the present warm with love today.

By Diane Neal

Want to help that that lost cat find her home?

There is now a free private online network called Nextdoor Green Hills that is 100% free and available to those living in the Green Hills area. On this website, social gatherings, safety updates, lost pet notifications, items for sale/free and other posts such as crime & safety issues in the neighborhood can be shared with all those who join this social network.

To join, go to www.nextdoor.com/join and enter this code: WWPQT. The website allows you to decline answering questions by using the “skip” option located in the top right corner of every “page.” To unsubscribe, look for information at the bottom of the website.

If you need help, please contact one of those below and we’ll “invite” you as a member to the website. This is probably simpler than signing up yourself. We are not sure how long the ‘code’ will be valid.

—Advisory Council members:

Joan Herwig, jherwig@iastate.edu,
and Katie Pattee, pkpattee@gmail.com

n.b., This is not organized by anyone here at Green Hills, and the area covered is a large part of south Ames.

Yes2HealthyLiving Committee Tips

Looking for a resource for Healthy Nutrition and Life Style? Check out the USDA website, ChooseMyPlate.gov from the US Department of Agriculture. Here are a few tips from this website:

Nutrients:

- Add flavor to foods with spices and herbs instead of salt
- Add sliced fruits and vegetables to your meals and snacks.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If lactose intolerant try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Purchase foods fortified with vitamin B12.

Stay active:

- Adults at any age need at least 2 ½ hours or 150 minutes of moderate-intensity physical activity each week. (Brett Harrison, our fitness coordinator offers several classes to meet various physical needs and can guide you in selection of appropriate activities!)
 - Include activities that improve balance and reduce risk of falling. Add strength building activities 2 times a week.
 - As always, check with your physician before starting an intense exercise program or vigorous physical activity.
-

Yes2HealthyLiving Committee Tips

We could not live in a better place to work on **Brain Health**. The Alzheimer's Association website gives us these tips on 10 Ways to Love Your Brain. And we can find resources for each of these 10 items here at Green Hills:



1. Break a sweat: Regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. (Check out the workout room, pool, and Brett's activity calendar!)
2. Hit the Books: Use the new library to read newspapers and new Brain Changers book!
3. Butt out: Smoking increases the risk of cognitive decline. You are in charge of this.
4. Follow your heart: Take care of your heart and your brain just might follow. (smoking, high blood pressure, obesity)
5. Heads up! Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet, prevent falls, try Balance Class.
6. Fuel up right: Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit. Attend the presentations by our Food Service staff.
7. Catch some ZZZ's: Not getting enough sleep may result in problems with memory and thinking. (Sometimes daily physical activities from #1 will help with this.)
8. Take care of your mental health: Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Try to manage stress. (Talk with Connie for help.)
9. Buddy up: Staying socially engaged may support brain health. Pursue social activities and join committees, attend lectures, activities, and local performances.
10. Stump yourself: Challenge and activate your mind. Play games, do puzzles, build a piece of furniture, paint a picture, attend a lecture, challenge your mind!

Amenities Expansion Open House!

If you have a friend who is considering the move to Green Hills, we encourage you to invite them to our Ames Chamber Ribbon Cutting and Open House for the new amenities and common area expansion!

On **Thursday, July 18**, Green Hills residents and guests may come tour the new community space and enjoy all it has to offer. Formal invitations will be available to each resident to send friends.

Save the date and stay tuned for more information.

—Jesse, Office Coordinator

Staff Notes

Employees completing their 90 days in June are:

Jaedyn P., Dietary Aide

Emily K., CNA

Gabe S., CNA

Tori T., Charge Nurse

Employee of the Month

Stacie S., Leisure Services Coordinator,
was selected as Employee of the Month for May.



Calling all Chimes Readers: Chime In!

The Chimes newsletter is for Green Hills residents and **BY** Green Hills residents. The Chimes committee is happy to receive residents' articles of interest and entertainment for us all. Photographs (jpg format) are welcome accompaniments. Please send submissions electronically to the editor, mollydsm@comcast.net. Deadlines are on the 15th of every month.

Ed's Cartoon Corner



The appearance of live green grass
on the Green Hills lawn
began a new tradition:
The Blessing of the Lawnmowers.