



The Green Hills Chimes

MARCH 2020

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:

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Remembering Pat Chimes Editor 2007–2018

As new Maples residents in April 2017, we were invited to an orientation gathering. There sat Pat A. Thompson next to Rod Copple waiting for her introduction. Next to her was a long walking stick, in her lap was a small pile of folders, on her face was a big friendly smile, and on her bald head were just a few wisps of hair. I thought, "This person is certainly in charge of herself and presents a cheerful welcome to us in our new lives at Green Hills."

In 2018, Pat told Rod that after **11 years** of deadlines and editing she no longer had the energy to produce the monthly Chimes newsletter. A neighbor suggested that I might take it on and so began my friendship with Pat. She gave me a long afternoon tutorial about her process, sharing regular features that readers expect and names of reliable contributors and proofreaders. Her focus was to keep it timely, interesting, and fun.

Every month thereafter she was full of compliments and never failed to assure me that her Chimes was in good hands. Her support was genuine. Pat is one who would have pointed out a better way to present something if she thought it would be helpful, but she let me carry on and put my own style stamp on the Chimes.

When I last visited her the day before she died, I was able to thank her for entrusting me with her "baby." Truly, every month I feel Pat beside me as I put the latest Chimes issue to bed.

Thank you, my friend.
Molly

GHRA President's Message

What is the long-term sustainability of senior-living communities as we know them today? Because of the increased number of people reaching retirement age, there has been growth in building new and expanding established communities, especially in Ames and central Iowa. In 20 or 40 years, how many and which of these existing communities will be remaining in the central Iowa area?

Four years ago, LCS leadership emphasized the increasing number of people in the Boomer generation reaching retirement age and the need for more facilities. Last year at a training session for new board members, Ed Kenny, chair of LCS, emphasized the need for work force development to meet future needs in senior communities and indicated Americans were not saving enough for retirement. The need for workers is more imminent. He estimated nationally there would be 347,000 new jobs in senior-living communities, and because of turnover a need to recruit 1.2 million new employees by 2025. Longer term, a Federal Reserve survey (2016) of the U.S. estimated the median retirement account balance of those who will be retiring in the next 5 to 20 years (ages 55–64) to be \$104,000 and for those retiring within 15 to 30 years (ages 45–54) \$80,000. These numbers do not include net worth of homes. The same survey indicated there was a deficit of \$4.3 trillion in retirement savings for the 25–64 age group.

Another factor is the size of the population in each generation. The average number of births per year was 3.94 million for Baby Boomers (1946–1964), declined to 3.43 million for Generation X (1965–1980) and increased to 3.88 million for Millennials (1981–1994). Birth rates (number/1000 population) were 23.5 for Boomers, 16.5 for Gen X and 15.6 for Millennials. Death rate in the U.S. declined from about 8.6/1000 population in 1990 to 8.0 in 2012 and has increased since 2012. These numbers suggest there will likely be competition to fill available space in senior-living communities.

Each generation within the same geographic/ethnic culture has developed a distinct generational culture. Views of work and leisure, where and how they live, embracing rather than accepting technology, life style, what they value, how they communicate and what they spend money on are some of the cultural differences that will impact how senior-living communities need to change to accommodate future residents.

It will soon be time to develop a new five-year strategic plan for Green Hills. A master plan was developed for Green Hills in 2009 that envisioned an addition to the Health Care Center, and adding an assisted living unit, a wellness center and increased common space. The addition of The Maples and the Amenities Project has completed the vision of that Master Plan. We celebrated the 30-year anniversary of Green Hills in 2016. Now we have the opportunity to begin planning for the next 30 years so Green Hills remains one of the sustainable senior-living communities for future generations.

—Allen Trenkle

Continuing Education



Wed., March 4 TED talks in the Theater 10:00 a.m. The March TED talks will involve the subjects of nature, water, environment, and sustainability.

Wed., March 11, 10:00 a.m. Jim Pease, retired Extension Wildlife Specialist and chair of the Friends of Ada Hayden Heritage Park board is the presenter. He will use slides for his talk in the Community Room: "Ada Hayden – its history and wildlife."



New Oaks residents
Shala and Joe Ludley



The Green Hills Chimes

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Submissions Deadline:

15th of each month

Ukelele Anyone?



Music and song are good for the soul! Join us to form a group of ukulele players. All you need is an instrument with strings. We have enthusiastic musicians ready to share their skills at Green Hills (It is the same ukelele club that performed for us here last month.)

If you like to sing we want you to join the fun. Ask Alice Thompson or Nancy Martin for more info.

You can buy a uke from Amazon if you don't have one in the back of your closet.

The Friendship Committee

acknowledges residents celebrating birthdays each month. 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. Happy birthday!

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

Delivery Assignments for **March 2020:**

Apts: Fran Berger x5153

Town Homes: Paula Toms x5141



New Books in our Green Hills library
on the countertop by the windows

AUTHOR	TITLE	CATEGORY
Arthritis Advisor	Arthritis: Diagnosis and treatments	Health/Wellness
Bauman, Robert E. & Ted Bauman	Where To Stash Your Cash Legally: Offshore financial centers of the world	Econ/Govt.
Bossidy, Larry & Ram Charan	Execution: The discipline of getting things done	Econ/Govt.
Brokaw, Tom	The Greatest Generation	History
Doerr, Anthony	All the Light You Cannot See	Fiction—large print
Fowler, Veronica Lorson	Gardening in Iowa and Surrounding Areas	Nature
Goodwin, Doris Kearns	The Bully Pulpit: Theodore Roosevelt, William Howard Taft, and the golden age of journalism	History
Halsted, Alex & Dylan Montz	100 Things Iowa State Fans Should Know and Do Before They Die	Iowa
Hamilton, Carl	Pure Nostalgia: Memories of early Iowa	Iowa

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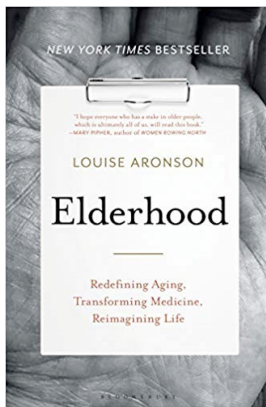
New Books, continued:

AUTHOR	TITLE	CATEGORY
Johnson, Deborah	The Secret of Magic: A novel	Fiction—large print
Larson, Erik	Dead Wake: The last crossing of the Lusitania	History—large print
Laskin, David	The Children's Blizzard	History
Lenning, Lorene et al.	Brain Changers 365: Build a better brain with 7 activities each day	Health/Wellness
Morrison, Toni	Beloved: A novel	Fiction—paperback
Penman, Sharon Kay	Devil's Brood: The last days of the tempestuous marriage of Henry II and Eleanor of Aquitaine	History
Reagan, Ronald	The Last Best Hope: The greatest speeches of Ronald Reagan	History
Rieder, Travis	In Pain: A bioethicist's personal struggle with opioids	Biography
Salazar, Noelle	The Flight Girls	Fiction—paperback

Book Review

Elderhood

by Louise Aronson



About five years ago “Being Mortal” was read by many of us and highly acclaimed. Maybe it is still on your “to read” list. “Elderhood” is another book to add to your reading list. The expanded title is “Redefining Aging, Transforming Medicine, Reimagining Life”.

Aronson, who is an MD, addresses each of the three sub-titles throughout the book as well as traces how old age has been seen historically. She is critical of medical schools not teaching geriatrics to the extent they teach other specialties and not having interns do rotations in gerontology. She argues that geriatrics need to embrace not only treating the disease but also recognizing the psychosocial aspects and co-morbidities elderly people experience. She also makes the point that many of the drugs prescribed for our age group were tested on people under 65. How do they react in octogenarians or nonagenarians?

I found the organization of her book somewhat awkward to follow but the over-all message to me was that society has to take another look at its senior citizens as to how it characterizes them and treats them. She advocates for the word elderhood to describe the over-65 population since there are many stages in elderhood just as there are in childhood.

The Ames Public Library has two copies, a large print copy and a regular print. I have asked Joyce Mercier, chair of our library committee, to suggest adding it to the committee’s buying list for our Green Hills library. My copy is on my tablet so isn’t loanable.

—Joan Mathews

Library Update

The Volunteer who has been delivering the Ames public Library books to the Green Hills library has moved out of town. Our delivery has been taken over by another APL volunteer. It works better in his schedule if he can deliver the GH books on the 4th Thursday of the month. Therefore, the APL books that are currently in our library will be picked up on February 27 and new books dropped off. **Because of this change in book delivery, the APL books will not be available for check-out on the LAST Wednesday of the month.** All the other Wednesdays the APL books will be available at the regular time 9:30 to 11:00 a.m. The Wednesday hours were lengthened to increase the time residents would have access to the APL books.

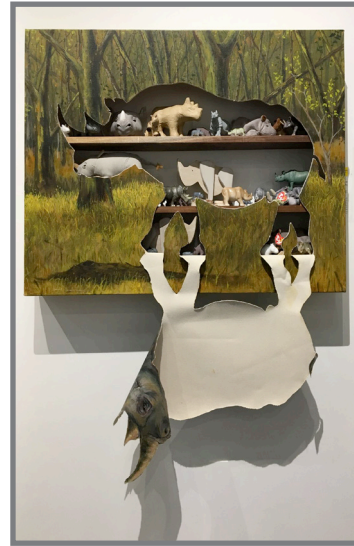
—Anne Almquist

Green Hills Gallery News

Artist Award

Anna Segner, whose work we enjoyed at Green Hills last fall, received one of the awards at the Octagonal All-Media juried show at the Octagon. Anna won the Emerging Artist award for her mixed media piece "Displaced, Diceros bicorni." The exhibit of all entries continues through April 4.

Her statement references the number of plastic toy rhinos that far outnumber actual live ones in existence.



Atherly Collection

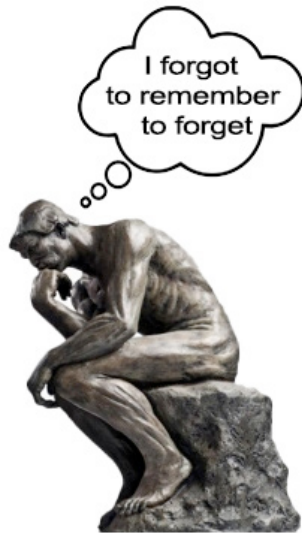
Selections from Mary and Alan Atherly's wall art and glass objects will be displayed on the GH gallery walls and vitrines from mid-March into April. The exhibit is in memory of Mary.

MLK Day Project

Green Hills had its own Day of Service on Martin Luther King Day this year. More than 2000 grocery bags were knotted into "yarn" to make three "Beds of Bags" in the Green Hills dining room. What a flurry of activity it took to make that happen. More than forty Green Hills residents and members of Bethesda Lutheran Church worked together on that project as well as making personal care kits (toothbrush, nail clipper, comb, soap and towel). Working from 9:00-1:00, people came and went, enjoying the company of three generations.

—Ann Hein





TIPS TO SHARPEN YOUR MEMORY

from the Yes2HealthyLife Committee

GET MOVING: To remember information, take a short brisk walk soon after to maintain the health of neurons in the hippocampus, the part of the brain responsible for forming long-term memories. Or to remember a specific item (location of keys), do moderate exercise to elevate your heart rate above 85 beats per minutes. (Nelson Dellis, 4 time winner of USA Memory Championship).

VISIT THE PLACE: To remember a list of items, imagine a route through your house and imagine placing each item from your list in a separate room. To recall your list, mentally navigate through each room picking up the item you placed in each room.

MAKE IT WEIRD: As our brains are good at remembering pictures, turn your items into pictures you visualize in your mind. The more bizarre the image, the better your brain will recall it. Ex: a gallon of milk – visualize your car filled with gallons of milk with milk spilling out of the windows.

PUT IT ON REPEAT: To recall a specific recipe you want to use often, spend a few minutes each day reviewing the recipe for 5 or 6 days. You will retain the information much longer if you give your brain time to rest and revisit.

CATCH SOME Z'S: Recent studies show a nap has a powerful effect on memory. A 2016 study from (Sejnowski) Univ. of California, Riverside found that participants who partook in a 90 minute midday nap were better able to retain information and tackle creativity challenges. Even a quick 20 minute nap can send the brain into REM sleep and help preserve memories.

(source: March 2019 Real Simple magazine)

Chimes Readers: Questionnaire

Currently we receive GH information and monthly publications (e.g., Chimes, Calendars, Explore and More, etc.) as both paper versions and as links or attachments for viewing information on the Web.

The Chimes staff would like to know how you view your monthly newsletter. We hope you will respond to these questions, and then read your next issue of the Chimes (April) to see how other residents answered these questions:

1. Do you look at **both** the hard-copy black & white printed Chimes delivered to you in your mailroom cubby, **and** the on-line full-color PDF* version delivered to you as an e-mail attachment?
2. Do you view **only** your black & white paper hard copy — either the one in your mailbox or the few color copies in the library?
3. Do you **prefer** to view the PDF* color version on your computer?

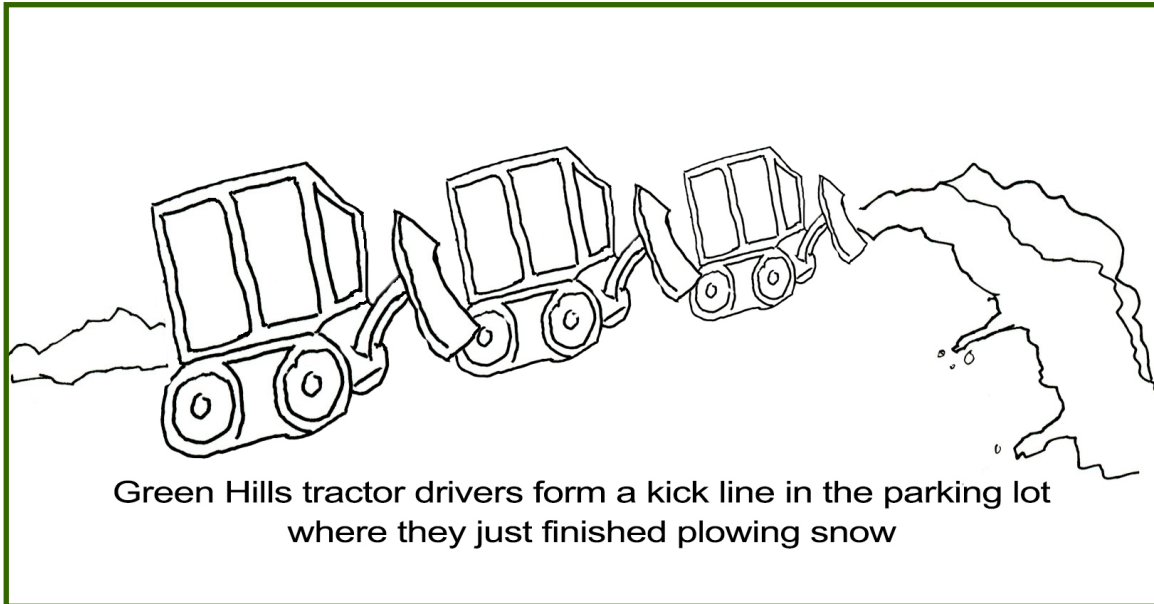
* PDF stands for "Portable Document Format". It enables sharing of documents between computers and across different operating systems, Windows or Mac.

You may **e-mail your responses** to the Chimes staff at mollydsm@comcast.net, **or** leave the editor a note in her mailroom cubby, Maples 1407. Thank you!

Option: You may write your response in tear-off space below:



**Ed's
Cartoon
Corner**



Staff Notes



**Employee of
the Month for
January**

Shelbey Ellsworth
C.N.A.

**Employee who will complete
90 days in March:**

Emma T.
Resident Aide