



# The Green Hills Chimes

NOVEMBER 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.

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## GHRA President's Message

Have you been asked "Why did you move to Green Hills"? There would be considerable variation in how we individually respond to that question. Some common responses would be: The "kids" encouraged us to move. We were ready to downsize and shed "stuff". I was tired of shoveling snow and mowing grass. We were not able to properly maintain the home we loved. I wanted reliable help with house-keeping and reducing the responsibility of preparing all the meals. We wanted the security of a five-star rated health care center. The concept of continuous care was appealing to us. We wanted to maintain our ability to have social interactions. Having "door to door" transportation available was attractive as our driving skills decline.

There likely are many additional reasons why we moved and possibly many of us would add or modify our initial answers as we gain comfort with living at Green Hills. Realization of these expectations depends on a competent and dependable staff. The numbers are somewhat variable because of staff turnover and seasonality of some of the work, but Green Hills has approximately 79 full-time employees and 103 part-time employees. This fiscal year the Resident's Association budgeted 25.3 full-time equivalents and the Health Care Center budgeted 76.5 full-time equivalents.

Hiring and retention of this staff is the responsibility of the Senior Leadership Team. Included in these responsibilities are training, motivation and performance evaluation. Though residents do not have a direct role in hiring and performance evaluation of employees, we do indirectly evaluate staff when we respond to satisfaction surveys.

More importantly, we can make an important contribution to how employees feel about working at Green Hills by respecting their

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individuality, getting to know them and giving complements when a job is well done.

Have you ever wondered how employees would respond to a satisfaction survey in which they were asked “What do you like best about working at Green Hills”? Where would “The residents” rank in their response? Employees are not allowed to ac-

cept monetary tips or other gratuities. However, we can show our appreciation for those working here by contributing to the fund to provide them monetary gifts based on time employed at Green Hills and by attending the long-standing Employee Appreciation event that will be held in a few weeks.

—Allen Trenkle



At their Closing: Newcomers Frankee & Jim Oleson are welcomed by Bailey Upton & Linda Lauver

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### The Green Hills Chimes

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**Submissions Deadline:**

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

### 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 November 2019:  
Apts: Fran Berger x5153  
Town Homes: Gwen Wells x5108 or cell  
641-919-9134



## Staff Appreciation Time

Green Hills residents decided many years ago that there would be no tipping for employee services. Instead, it was decided to have an annual staff-appreciation event in December, and provide a gift of appreciation to each employee of the Resident Association and of The Health Care Corporation. This year our Staff Appreciation program will be held on December 11, at 10:00 AM for GH Resident Association employees and at 1:30 PM for GH Health Care employees.

**“At Green Hills there is no tipping for employee services... Instead, we have an annual Staff-Appreciation collection that is distributed among all employees based upon the number of hours worked during the past year...”**

A letter from the Employee Appreciation Committee is being sent to all residents asking for contributions to the Employee Appreciation Fund. Please consider being as generous as you are able as a way to say, “Thank You,” at this time of year to our 178 loyal employees. We have set a goal this year to raise \$80,000.00.

Remember, the Appreciation Fund is distributed among all employees based upon the number of hours each has worked this past year, regardless of their job or length of service. Only Kat Kilbane is excluded as she is employed by Life Care Services.

Our employees provide us with a wide range of services. Many of us eat in the Grill, The Cafe, or Le Bistro and appreciate the food service staff. Others enjoy activities in the wellness center. All of us appreciate not having to do outside yard work or snow removal. Some of us do not have to worry about trash collection or housekeeping, and having health care available on demand is so nice. There are many other benefits we appreciate. Now is a good time to say, “Thank You.”

Remember, your contribution is your decision. Please be as generous as possible. Your donation may be either cash or check. Make checks payable to “Green Hills Appreciation Fund.” All donations are confidential! Place your contribution in the envelope provided and leave it at the reception desk no later than December 5, 2019. Additional envelopes are available at the reception desk.

Thank you for your generosity.

Your 2019 Employee Appreciation Committee:

Linda Best, Donna Bond, Jim Ling, Joan Mathews, Clifford Smith, Chair,  
Carol Wright



*New Books in the Green Hills Library, October 2019*

New books are on the countertop by the windows.

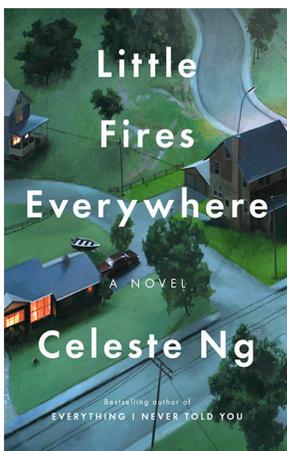
<b>AUTHOR</b>	<b>TITLE</b>	<b>CATEGORY</b>
Benn, James R.	<i>When Hell Struck Twelve: A Billy Boyle World War II mystery</i>	Fiction
Ellis, Joseph J.	<i>The Quartet: Orchestrating the second American revolution</i>	History
Greeley, Andrew	<i>The Bishop in the Old Neighborhood</i>	Fiction
Gregory, Philippa	<i>Tidelands: A novel</i>	Fiction
Hillenbrand, Laura	<i>Seabiscuit: An American legend</i>	History
Ledbetter, Lilly	<i>Grace and Grit: My fight for equal pay and fairness at Goodyear and beyond</i>	Women
Lefteri, Christy	<i>The Beekeeper of Aleppo</i>	Fiction
Lemonick, Michael D.	<i>The Perpetual Now: A story of amnesia, memory, and love</i>	Science & Technology
Mah, Ann	<i>The Lost Vintage: A novel</i>	Fiction
Pendziwol, Jean E.	<i>The Lightkeeper's Daughter: A novel</i>	Fiction—paperback
Picoult, Jodi	<i>Plain Truth: A novel</i>	Fiction—large print
Prescott, Lara	<i>The Secrets We Kept: A novel</i>	Fiction—large print
Sanford, Jenny	<i>Staying True</i>	Biography
Sanna, Lucy	<i>The Cherry Harvest: A novel</i>	Fiction—paperback
Sasse, Ben	<i>Them: Why we hate each other and how to heal</i>	Econ/Govt.
Smith, Jean Edward	<i>The Liberation of Paris: How Eisenhower, de Gaulle, and von Choltitz saved the City of Light</i>	History
Wallis, Jim	<i>America's Original Sin: Racism, white privilege, and the bridge to a new America</i>	History
Wangerin, Walter, Jr.	<i>Jesus: A novel</i>	Fiction
Wiggs, Susan	<i>The Oysterville Sewing Circle: A novel</i>	Fiction

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## Book Review

### Little Fires Everywhere

by Celeste Ng



The story takes place in 1997 in Shaker Heights, a suburb of Cleveland, Ohio. The community got its name from the Shaker people who inhabited the area at one time. The town was advertised as “perfection” just like the utopia sought by the Shaker people of old. This peace and “perfection” is shattered in the opening chapter by a massive house fire. The author Celeste Ng describes the scene graphically as “walls gnawed to studs by flames.”

Basically, it is a story of the varied relationships between the members of two families that are definitely different, economically socially, and culturally. One thread that runs consistently through the novel is a mother’s strong attachment to her children, expressed in different scenarios and emotions. All of this, and it is also a mystery! A good book is said to need tension, and it abounds in Ng’s narrative. The author chose an apt title, as there are indeed “little fires everywhere” in Shaker Heights.

I found the book to be a good read.

—Anne Almquist, Green Hills Book Club Member

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## Continuing Education



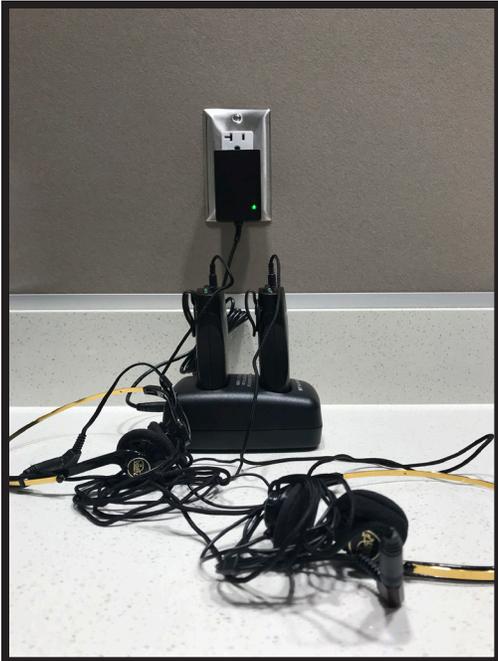
**Wed., November 6, 10:00 a.m.**

TED talks in the Theater will take a look at transportation in several forms.

**Wednesday, November 13, 10:00 a.m.,**  
Community Room: The Continuing Education Committee is pleased to have

Bob Bourne of Ames join us. He will tell us about “Railroads in Iowa”. Bob has talked to many groups to considerable acclaim.

## In the Know: Technology Handy Hints from Herb Harmison



GH residents who would enjoy better hearing in the Amenities rooms\* may use the headphones available near the doors. Four of the receivers have a long cord so they can be placed on the floor where the strongest signal is found. The receiver should be vertical for best reception.

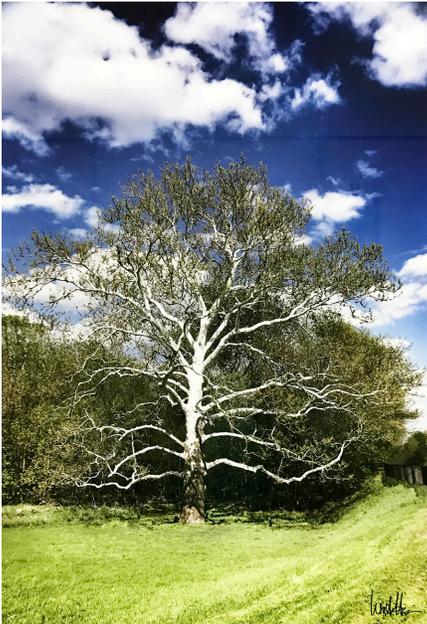
\*The headphones are on counters in the new Amenities rooms:

- Theater
- Community Room
- Pine Room
- Hickory Room

### **...also from Herb: Forgot your Password?**

As we all know, lost passwords cause stress. Avoid the stress by being sure your email and important financial web page passwords can be recovered using your telephone, either cell or landline. The settings in your email or financial account will usually show a password recovery telephone number. Be sure it is yours.

## ART HAPPENINGS



### CURRENT GALLERY ARTIST:

Lisa Hovis, owner of Photosynthesis on Main Street, is sharing some of her newest photographs printed on metal. They will be in our GH art gallery until mid-November.



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**Later in November in our art gallery,** residents Chuck and Motoko Oulman will share their images from their photograph collection.

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### SPECIAL TOUR of the BRUNNIER'S CURRENT EXIBITIONS

Green Hills residents will have a special tour of the Brunnier Art Museum **Tuesday, Nov. 5**. If your curiosity was piqued during the “Beyond the Glass” Gala Celebration or if you haven’t been to the newly re-opened Brunnier, this is your chance to see the current artworks up close with Rae Reilly, your guide.

There are 3 shows going on:

Two digital art installations by Jennifer Steinkamp

“Artists in Iowa, the First Century” beginning with Meskwaki traditional art and continuing to paintings of the New Deal

Iowa and Contemporary Pottery

The adventure begins with lunch at the Joan Bice Underwood Tearoom in MacKay Hall followed by the Brunnier tour. Sign up in the Bus Book.

## From the Yes2HealthyLife Committee:

### TROUBLE GOING TO SLEEP? TIPS FROM THE MAYO CLINIC TO SLEEP ENOUGH TO WAKE UP RELAXED AND REFRESHED

- \* Relaxing environment: keep bedroom dark, a bit cool, and quiet. (use a “white noise machine or fan)
- \* Calm your brain an hour before sleep: (avoid electronics, turn lights down, avoid stressful issues, avoid activity, make time to relax and clear mind)
- \* Avoid stimulants: (no caffeine-coffee, tea or sodas, also, some foods- chocolate, etc.)

#### Other tips:

1. Don't drink alcohol close to bedtime. It may make you sleepy at first but cause you to lose sleep or wake up later.
2. Try to get 7 to 8 hours of sleep daily. Go to bed and wake up at same time daily.
3. Try to exercise 20-30 minutes daily at least 4-6 hours before bedtime.
4. Avoid eating a hearty meal 2 to 3 hours before bedtime.
5. Avoid a hot bath 2-3 hours before bedtime. Take a warm bath to relax.
6. Train your brain and body to think about sleeping when you are in bed. If you can't fall asleep, get up and do something boring.

#### Get help if you need it. Examples:

1. If you regularly feel sleepy even after 7-8 hours of sleep.
2. Breathe irregularly, snore loudly, or snort yourself awake.
3. Feel depressed or anxious.
4. Have creepy-crawly feeling in your leg, that makes it hard to fall asleep.

## Newcomers Welcome Party

Another grand gathering hosted by the Friendship Committee once again made us grateful for our new Community room.



**GHRA President  
Allen Trenkle  
greet everyone**



**First stop: the Buffet**



**Chuck Jons**



**Jan & John Essig**



**Paula Toms**



**Bev & Warren Madden**



**Deborah & Mark  
Blaedel**



**Joanne & Jim Sperfslage**



**Dagmar & Glynn  
Frank**

**Also newcomers Frankee & Jim Oleson: photo on p. 2**

## Staff Notes

Employees who will complete their 90 days in November are:

### Dietary Aide

Mia H.  
Cheyenne W.  
Denisha J.  
Erika J.  
Ashley P.  
Montse S.  
Libby S.

### Housekeeping

Lisa R.  
Brandon R.

### Groundskeeper

Steve G.

### Leisure Services

Hannah M.

### CNA

Bailey H.  
Emma J.  
Hannah M.  
MacKenzie H.

### Assisted Living Aide

Kari E.  
Abby S.

◆  
**Employee of the Month for October**

Diane Braland  
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### Ed's Cartoon Corner

