

DISCOVER, EXPLORE AND MORE

October 2019
Events and Programs

2019 WALK TO END ALZHEIMER'S

Saturday, October 12

Bus leaves Green Hills: 8:30 AM

The Ames Alzheimer's Walk is scheduled for Saturday, October 12 at the Ames Middle School. Green Hills Retirement Community will be participating in the Alzheimer's Association Walk to End Alzheimer's, the nation's largest event to raise awareness and funds to fight Alzheimer's Disease. Registration is from 8:00—9:00 AM, Ceremony at 9:00 AM and the walk begins at 9:30 AM.

Registration is easy; simply visit our Walk to End Alzheimer's participant page and join our team: Green Hills. For more information or to sign up, contact Tina, Green Hills' Social Services Coordinator, at x5020.

NEIGHBORHOOD MEETINGS

Look for a schedule for October Neighborhood Meetings with Kat held mainly in the Green Hills Theatre. Please contact Jesse at x5010 or jesses@greenhillsrc.com with meeting topic ideas.

FLU SHOTS

Flu shots are coming soon and will be given to health care center residents in October. Consent forms for health care center residents were already sent out to family members. The forms need to be returned before your loved one can have the flu vaccine.

HEALTH CARE FUN FACT

Alcohol cannot be stored in resident's rooms. Residents need a doctor's order for alcohol. We can gladly get an order for you as your doctor permits.

QUESTION OF THE MONTH...

Where is the donation box for eyeglasses located at Green Hills?

Answer: The donation box for eyeglasses is located in the mail room. You can also donate hearing aids in this box too.

HAPPY BIRTHDAY!

Jerry Smith—10/1
Jean Hassebrock—10/2
Shirley Riney—10/3
Sonya Colvin—10/5
Rita Tauber—10/6
Frances Henry—10/10
Art Tebbutt—10/10
Mark Blaedel—10/12
Bud Everett—10/12
Esther Willham—10/13
Frank Clark—10/16
Marsha Holmes—10/17
Kelly Tobin—10/23
Jan Essig—10/25
Thomas Rogge—10/29
Phyllis Smith—10/29
Herb Best—10/30
Carol Deppe—10/31

The Lindens

Sandra Roys—10/4
Jean Lem—10/12
Phil Lehman—10/20
Phyllis Smith—10/29

Health Care Center

Bev Van Fossen—10/27

Cedar Court

Laurel Weaver—10/10

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DINING SERVICES

CHEF'S BREAKFAST

October 3, 10, 17, 24, 31
8:00—10:00 AM

GREEN HILLS CAFÉ

Wednesday, October 9 and October 23
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 Clinics

Thursday, October 3, 10, 24
9:30 AM

Ames Hearing Aid Clinic

Tuesday, October 8
9:30 AM

These services will meet in the Wellness Center Clinic space.

SHOPPING TRIPS

1:30 PM

HyVee: Mondays, October 7, 14, 21, 28

Fareway: Thursdays, October 3, 10, 17, 24

North Fareway: Thursday, October 31

Target / Walmart: Wednesday, October 23

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.

IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Ed Hamilton and Lois Lorenz.



MOVIES AT GREEN HILLS Held in the Green Hills Theatre

A WALK IN THE WOODS

October 4 at 2:00 PM

After spending two decades in England, Bill Bryson returns to the U.S., where he decides the best way to connect with his homeland is to hike the Appalachian Trail. (R, Adventure / Biography, 1 hour and 44 minutes)

SILENT MOVIE

Monday, October 7 at 7:00 PM

Friday, October 11 at 2:00 PM

Mel Funn (Mel Brooks), Marty Eggs (Marty Feldman) and Dom Bell (Dom DeLuise) are aspiring filmmakers with a million-dollar idea that goes completely against the modern grain: They want to make a silent film. To make the movie more marketable, they try to recruit several A-list stars to appear. At the same time, the studio's creditors try to quash the movie. The film itself contains only one word of dialogue. (PG, Comedy, 1 hour 27 minutes)

DUMPLIN

Monday, October 14 at 7:00 PM

Friday, October 18 at 2:00 PM

To prove a point about measuring up and fitting in, Texas teen Willodean Dickson enters a local pageant run by her ex-beauty queen mom. (PG, Comedy, 1 hour 27 minutes)

DAUGHTER FROM DANANG

Monday, October 21 at 7:00 PM

Thursday, October 24 at 2:00 PM

This documentary follows an adopted American woman, one of thousands of Vietnamese children who were separated from their families and flown to America in 1975, who gets more than she bargained for when she's reunited with her birth mother. The film emphasizes how much culture can shape an individual. (Not rated, Documentary, 1 hour 21 minutes)

LIFE OF THE PARTY

Monday, October 28 at 7:00 PM

Thursday, October 31 at 2:00 PM

When her husband suddenly dumps her, long-time dedicated housewife Deanna turns regret into re-set by going back to college...landing in the same class and school as her daughter. Plunging headlong into the campus experience, the increasingly outspoken Deanna embraces freedom, fun and frat boys on her own terms, finding her true self in a senior year no one ever expected. (PG-13, Comedy, 1 hour 45 minutes)

GREEN HILLS ON-SITE SPECIAL EVENTS

ARTIST RECEPTION WITH KEITH VAN DE POL

Tuesday, October 1 at 2:00 PM

Green Hills Art Gallery Area

Artist Keith Van De Pol will talk about his artwork which is on display in the Green Hills Art Gallery. This program will be held in the lobby area near his colorful artwork. Refreshments will be provided.

JOHN WAYNE MOVIES

Fridays at 7:00 PM

Green Hills Theatre

John Wayne was an American actor, filmmaker, and Presidential Medal of Freedom recipient. He was among the top box office draws for three decades. He was born in Winterset, Iowa but grew up in Southern California. We have the epic collection of John Wayne movies and will begin showing the earlier films and work towards the most recent. Showing this month is: The Telegraph Trail, Somewhere in Sonora, The Man from Monterey, and Allegheny Uprising.

NEWCOMER'S COFFEE & KAFFEE KLATSCH

Thursday, October 17 at 10:00 AM

Community Room

Help welcome our new neighbors of Green Hills at this social in the Community Room. Everyone is encouraged to attend, especially those who are new to campus. Refreshments will be provided. This event is sponsored by the Friendship Committee.

GREEN HILLS' SEMI-ANNUAL RECYCLING DAY

Monday, October 21

9:00 AM—12:00 PM

Please bring your gently used books, clothing, small appliances, household items and furniture to the north commons entrance. Donations to benefit the Pine Ridge Indian Reservation and other local charities. The Pine Ridge Indian Reservation can use most anything including neckties, school supplies (used pencils, pens, crayons), sewing or decorative items. Please call the reception desk (x5000) ahead of time if you are bringing big items.

We would appreciate any assistance if you are able to help load donated items into vehicles at 1:00 PM on Monday, October 21 from the north commons entrance.

SUNSHINE STROLLERS SOCIAL

Friday, October 25 at 10:00 AM

HCC Activity Room

Join us at our monthly social gatherings. Meet in the health care activity room to visit with your health care friends and neighbors. Refreshments will be provided.

OPTOMETRY PRESENTATION

Friday, October 25 at 3:00 PM

Green Hills Theatre

Dr. Leslie Olswing from McFarland Clinic Optometry will be presenting on eye health for the older adult. This program is sponsored by the Informational Committee.

HALLOWEEN MAGIC SHOW

Wednesday, October 30

3:00 PM

Community Room

For Halloween, we are inviting staff, friends, and residents to bring their kids, grandkids, and family in costume to watch Jonathan May's magic show. You won't want to miss all the kids in costume and his show is always astonishing. Come to the Community Room to join in on the fun and enjoy refreshments.

OCTOBER DEVOTION SERVICES Wednesdays at 10:30 AM HCC Activity Room

- 2- Christ Community Church
Pastor Kip Hamby
- 9- Northminster Presbyterian
Pastor Jim DuBois
- 16- Trinity Lutheran Church
Pastor Jon Rollefson
- 23- Communion:
First United Methodist
Reverend Dr. Kirkpatrick
- 30- Hymn Sing

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

COMMUNITY WIDE EVENTS AT GREEN HILLS

OCT 2 (WED) 10:00 AM	TED TALKS Ted Talks will offer insight into a current issue with time for discussion. This program will be held in the GH Theatre.
OCT 3, 10, 24, 31 (THURS) 10:00 AM	MEN'S COFFEE Meet in the Main Dining Room for this men's social group.
OCT 3, 10, 17, 24, and 31 (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.
OCT 5 (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 in the Community Room. If you are able to help with directing residents or handling the food, please contact Carol Grant.
OCT 7 (MON) 9:30 AM	WOMEN'S COFFEE We will meet in the Main Dining Room. Everyone is welcome to join.
OCT 9 (WED) 10:00 AM	ONE HEART EQUESTRIAN THERAPY is the topic of this month's Continuing Education program presented by Kris Lager. This presentation will be held in the Community Room.
OCT 9, 16, 23, 30 (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.
OCT 10 (THURS) 3:00 PM	SING-ALONG WITH US Held this month on the second Thursday, sing with your friends and neighbors in the new Community Room space. Refreshments will be provided. Volunteers are needed to escort residents (or push wheelchairs) back to the Health Care Center or Cedar Court Memory Care after the program.
OCT 16 (WED) 2:30 PM	TRIVIA TIME Join us for an afternoon of snacks and intellectual wellness with the emphasis on fun! There are 6 categories with various degrees of difficulty, so everyone can participate. Meet in the <u>Hickory Meeting Room.</u>
OCT 17 (THURS) 10:00 AM	NEWCOMER'S COFFEE & KAFFEE KLATSCH All residents are invited to this social event held in the Community Room. Refreshments will be provided.
OCT 19 (SAT) 10:00 AM	BINGO Join your friends and neighbors in the Health Care Activity Room for this popular game. We are expecting a group of Iowa State students to join us at this event. Refreshments and prizes will be provided.
OCT 25 (FRI) 4:30 PM	CLUB 2200 Alcoholic and non-alcoholic beverages, as well as snacks, will be provided. Sign up at the reception desk for the Grill Out.
OCT 29 (TUES) 2:30 PM—3:30 PM	LE BISTRO BANTER WITH KAREN Get to know Karen E., Medical Records, at this monthly social held in Le Bistro.

NAMETAG REMINDER

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

CLUBS AND SUPPORT GROUPS

CLUB MEETINGS:

OCT 09 (WED) 2:00 PM	BOOK CLUB This month we will discuss the book <i>Little Fires Everywhere: A Novel</i> by Celeste Ng. Joan Herwig will be the discussion leader. (Pine Meeting Room)
OCT 17 (THURS) 2:00 PM	WINDOWS COMPUTER CLUB The Windows Computer Club's purpose is to exchange knowledge of the operating system and programs. (Arts and Crafts Room)
OCT 30 (WED) 1:30 PM	TECHNOLOGY CLUB Share your knowledge or get answers to your questions. All residents are encouraged to come. (Arts and Crafts Room)

CHORUS PRACTICE

Fridays, October 4, 11, 18, 25 at 9:00 AM
Community Room

Chorus practice will be every Friday morning at 9:00 AM in the Community Room. Singers of all levels are welcome. We are practicing for our holiday concert held in December. If you are interested and would like more information, please contact Dick McCoy, Green Hills Chorus Director, at 357-5393.

ALZHEIMER'S SUPPORT GROUP

Tuesday, October 15 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.

POOL TIME WITH KATHRYN

Kathryn Andre will have "Pool Time with Kathryn" every Monday, Wednesday and Friday afternoons from 2:30 to 4:30 PM beginning on Monday, September 2nd and continuing through May 2020. Kathryn has experience with water exercises and has taught aqua fitness classes for many years. Use her as a buddy to swim in the pool or do your own exercises. Kathryn can also serve as a resource, as she would be happy to recommend new exercises to you. Even just walking in the water has great benefits and helps with muscle toning as well as balance.

CAREGIVER SUPPORT GROUP

Monday, October 21 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.

TO-GO CONTAINERS

A total of 59 container boxes were delivered to Food at First for the month of September. Pickup dates for October will be on Tuesdays, October 1st, 15th, and 29th. There is a large green box located in the Maples first floor trash room for your containers, or Oaks and Maples residents may use the trash rooms on their respective floors. Thanks for all the donations and for washing the containers before bringing them to the collection sites.



THE LINDEN LETTER

TENANT MEETING

Wednesday, October 2 at 2:00 PM

This monthly meeting is to discuss happenings at Green Hills and any suggestions or concerns tenants may have. Meet on the 2nd floor of the Lindens.

OKTOBERFEST SOCIAL

Monday, October 7 at 3:00 PM

More than 200 years ago Oktoberfest became a celebration due to a wedding and now it is celebrated all across the world with festivals that include horse races, games, rides, music, and beer. Come join us on the 1st floor of the Lindens for some fun historic facts, pretzels, and beer!

BREAST CANCER AWARENESS MONTH

Friday, October 11 at 3:00 PM

Did you know October is the month chosen to increase awareness of Breast Cancer? In 2019, an estimated 268,600 new cases of invasive breast cancer are expected to be diagnosed in women in the US. People often wear a pink ribbon during this month because it's an international symbol of breast cancer awareness. Join us in an open conversation regarding the research and what has been and is being done to prevent this disease.

BIRTHDAY PARTY

Thursday, October 17 at 3:00 PM

Help us celebrate all the October birthdays at this group birthday party!! Held on the 1st floor of the Lindens, enjoy cake and ice cream in celebration of Sandra, Jean, Phyllis and Phil.

ISU HOMECOMING SOCIAL

Saturday, October 26 at 3:00 PM

Cy's the Limit! Come join us on the 1st floor of the Lindens to talk about Iowa State University and fun facts regarding the college! There are many homecoming traditions at ISU, including fireworks, mass campaniling, lawn displays, "Yell Like Hell" cheering competitions, and of course, tailgating. Make sure to watch Iowa State defeat (hopefully) Oklahoma State on the 1st floor of the Lindens! Game time is to be determined.

HALLOWEEN SOCIAL

Thursday, October 31 at 3:00 PM

Ghouls, ghosts, witches and more! Many people have Halloween traditions, such as trick-or-treating, carving pumpkins, watching scary movies, going to bon fires, or bobbing for apples. Come join us on the 1st floor of the Lindens to celebrate the spookiest holiday of the year! Wear a costume if you would like to.

STAFF SPOTLIGHT: HANNAH ESPELAND

Hannah is a Resident Aide in Assisted Living and helps out with Home Health clients when she is available. She has worked at Green Hills for about 4 months and has loved every part of it! Hannah is a Junior at Iowa State University where she is studying Kinesiology and Health. Her long range goals are to become a nurse.

A fun fact about Hannah is she can cascade juggle and she has traveled to Texas in the past year! In her free time, you can find Hannah playing basketball and doing research with the Kinesiology Department.

We are so lucky to have Hannah as part of the Green Hills team!



HEALTH CARE HAPPENINGS

WELCOME

We extend our warmest welcome to Elaine Meany, Mary Jean Reimers, Fran Theile, Si Silence, and Jo Burgason.

HEALTHIEST STATE WALK

Wednesday, October 2, at 2:00 PM

Green Hills participates in this walk each year to help make Iowa one of the healthiest states in the nation. Staff will be around to see if you want to participate, and you can walk or stroll in a wheelchair.

LUNCH BUNCH TO THE IOWA STATE JOAN BICE TEA ROOM

Thursday, October 10 at 11:00 AM

Have lunch on Iowa State's campus in MacKay Hall prepared by ISU students. The class is designed to give students practical, hands-on food service management experience. From the back of the house preparing food to serving as the front-of-house manager in the dining room, students rotate in different positions and learn all aspects of a food service operation during the semester. We will order off of their menu and your order will be billed to your account. You do not need money and multiple buses are scheduled so we can accommodate wheelchairs.

ISU BUG ZOO

Saturday, October 12 at 10:00 AM

The Insect Zoo is a part of Iowa State University's Department of Entomology. It is an outreach program developed to foster an appreciation of insects found in Iowa and throughout the world. The mission of the ISU Bug Zoo is to emphasize the diversity, ecology, and behavior of arthropods while the audience learns about interrelationships among diverse insect groups and their important role in life on Earth. Join us in Aspen Court to learn about the variety of insects from the ISU Bug Zoo.

SCENIC BUS RIDE: HALLOWEEN HOUSE IN NEVADA

Tuesday, October 29 at 6:30 PM

We will take you on a bus ride to see one of the most decorated Halloween houses in central Iowa. The creators will get on the bus to answer questions and tell us stories about each display. You must be able to walk up the stairs of the Green Hills bus to attend this outing.

CEDAR COURT

PLAYTIME WITH BRANDI

Tuesday, October 1 at 4:00 PM

Green Hills has grown by four paws! We will get to know our new dog, Brandi. She is a two year old chocolate lab. Brandi will come to the Cedar Court Living Room and we will see if she knows any tricks and get our dog fix for the day.

NYLON STOCKINGS

Thursday, October 24 at 9:15 AM

Following the 1939 World's Fair, women's nylon stockings went on sale for the first time in Wilmington, Delaware. We will reminisce about nylon stockings and share the many uses of old nylons.

ARMCHAIR TRAVEL: MONACO

Thursday, October 24 at 11:15 AM

A tiny jewel of a country, Monaco is located on the French Riviera in Western Europe. It is bordered on one side by the Mediterranean Sea and on three sides by France. With a population of some 39,105 people, it is the most densely populated country in the world. You won't want to miss this travel presentation!

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.

Tuesday, October 1	6:15 PM	The Case Against Free Speech	Memorial Union
Wednesday, October 2	6:15 PM	Cirque Mei	CY Stephens
Wednesday, October 2	6:15 PM	ISU Volleyball vs Kansas	Hilton Coliseum
Friday, October 4	6:15 PM	Arts Midwest World Fest: Hikaru	CY Stephens
Friday, October 4	6:45 PM	ISU Wind Ensemble	Martha Ellen Tye
Saturday, October 5	TBA	ISU Football vs TCU	Jack Trice Stadium
Saturday, October 5	6:45 PM	Central Iowa Symphony	Ames City Aud
Monday, October 7	6:15 PM	The Kingdom Choir	CY Stephens
Tuesday, October 8	8:30 AM	Fall Color, Art & a Taste of Ft. Dodge	Ft. Dodge
Wednesday, October 9	6:45 PM	ISU Jazz Ensemble	Martha Ellen Tye Hall
Wednesday, October 9	7:15 PM	ISU Volleyball vs Baylor	Hilton Coliseum
Thursday, October 10	7:15 PM	Gender & Communication on the Campaign Trail	Memorial Union
Friday, October 11	6:45 PM	ISU Symphony Orchestra	Martha Ellen Tye Hall
Saturday, October 12	8:30 AM	Alzheimer's Walk	Ames Middle School
Saturday, October 12	12:15 PM	ISU Volleyball vs Texas Tech	Hilton Coliseum
Monday, October 14	7:15 PM	The 2019 Norman Borlaug Lecture	Memorial Union
Wednesday, October 16	5:45 PM	ISU Volleyball vs TCU	Hilton Coliseum
Friday, October 18	6:45 PM	Vince Gill	CY Stephens
Saturday, October 19	7:15 PM	Beautiful: The Carole King Musical	CY Stephens
Tuesday, October 22	10:30 AM	Lunch to Tumea & Sons: Order off the menu and pay individually at this Italian restaurant.	Des Moines
Saturday, October 26	TBA	ISU Football vs Oklahoma State	Jack Trice
Saturday, October 26	TBA	ISU Volleyball vs Kansas State	Hilton Coliseum
Sunday, October 27	2:15 PM	Bells of Iowa State Gala	CY Stephens
Tuesday, October 29	6:30 PM	HCC Scenic Bus Ride– Halloween House	Nevada
Wednesday, October 30	TBA	ISU Women's Basketball	Hilton Coliseum