



The Green Hills Chimes

OCTOBER 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:

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GHRA President's Message

When asked where you live, how do you answer? Most of us probably respond with "Green Hills". Officially we are Green Hills Retirement Community. Webster's Dictionary has several definitions of community. One that seems appropriate is "A group of people living together and having interests, work, ownership or participation in common". Another is "A group of animals or plants (people could be included) living together in the same environment". With a broad brush these seem fitting for describing where we live. More importantly though do we have a sense of community?

Many residents come together in common for Potluck, Club 2200, Green Hills Cafe, Annual Meeting, Employee Appreciation, etc. More of us might have a greater sense of community by meeting in smaller groups such as The Bistro Stitchers, Movie Night, Meditation Exploration, Chorus, Book Club, Strength Class, Walking Group or Aqua Aerobics to name just a few of the many groups that routinely gather together to share common interests. These groups are organized by residents as well as staff. Every one is encouraged to consult the monthly calendars and GHTV slides to find a place you can sense community.

We who have chosen Green Hills Retirement Community as home come from many different backgrounds and life experiences. This diversity adds richness to the broader community as well as to the small meeting groups. Because our founding roots were closely associated with Iowa State and our location is in Ames, the majority of us moved here from Ames or were associated with the University. Except for game days when lots of cardinal and gold come out, most of our previous identities are seldom emphasized or are lost.

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We have given the names of The Oaks, The Maples, Woodview and Timberland to our residential areas to ease point of reference. There certainly are issues peculiar to apartments or town homes that must be addressed, but fortunately in most of our gatherings we are one “Community”.

—Allen Trenkle

Make new friends and keep the old...

How do you greet new folks? How do you like to get acquainted? What features at Green Hills do you value the most? Your answers to these questions and others will help us greet and become acquainted with our newest Green Hills residents at the 10:00 a.m. October 17, 2019 Newcomer’s Coffee in the Community Room sponsored by the Friendship Committee and Koffee Klatsch.

Everyone will have the opportunity to welcome and get acquainted with our newest residents. Come and enjoy refreshments as the new residents are introduced and you visit with our new and “old” residents.

—Anne Durland & Carole Magilton,
co-chairs Friendship Committee

The Green Hills Chimes

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Submissions Deadline:

15th 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 October 2019:
Apts: Donna Bond 515-451-6477 cell
Town Homes: Carole Magilton x5113



New Books in the Green Hills Library, September 2019

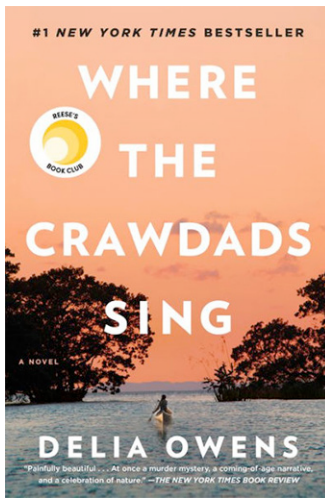
New books are on the countertop by the windows.

AUTHOR	TITLE	CATEGORY
Ambrose, Stephen E.	<i>Band of Brothers: E company, 506th regiment, 101st airborne from Normandy to Hitler's eagle's nest</i>	History
Biden, Joe	<i>Promise Me, Dad: A year of hope, hardship, and purpose</i>	Biography
Child, Lee	<i>Make Me: A Jack Reacher novel</i>	Fiction
Enquist, Anna	<i>The Masterpiece</i>	Fiction
Fox, Porter	<i>Northland: A 4,000-mile journey along America's forgotten border</i>	Geography
Gottfred, B.T.	<i>Forever, For a Year</i>	Fiction
Guisewite, Cathy	<i>Fifty Things That Aren't my Fault: Essays from the grown-up years</i>	Humor
Minter, Adam	<i>Junkyard Planet: Travels in the billion-dollar trash trade</i>	Econ/Govt.
Picault, Jodi	<i>Small Great Things: A novel</i>	Fiction
Shattuck, Jessica	<i>The Women in the Castle: A novel</i>	Fiction
Sides, Hampton	<i>Ghost Soldiers: The forgotten epic story of World War II's most dramatic mission</i>	History
Strout, Elizabeth	<i>Olive Kitteridge</i>	Fiction—paperback
Zusak, Markus	<i>The Book Thief</i>	Fiction

Book Review

Where the Crawdads Sing

by Delia Owens



The New York Times reviewer calls this a murder mystery, a coming-of-age narrative and a celebration of nature. Indeed, it is all of these, but in a setting far from the familiar Midwest. The setting in the coastal marshlands on the coast of North Carolina is an important part of the story.

The book opens with the body of a young man found at the base of a fire tower in the swamp. The townspeople assume a “swamp rat” did it, probably Kya, a young woman who has lived a solitary life in the marsh since the age of 10 when her family left her. Kya was taught some survival skills by her mother and learned the rest from observation of nature and the help of a few kindly neighbors, including Tate, a young man her age who teaches her to read. Tate

loves the marsh as much as Kya, but leaves it to go to college. He promises to come back, but realizes that Kya could never survive away from her home, so she is deserted once again.

What does Kya do with her love of nature? What does she learn from the fireflies? Does she ever have contact again with someone her age? Do the townspeople ever learn to respect her? How does she end her days? You’ll have to read the book to find out (or talk to a Green Hills book club member).

— Ann Hein

Continuing Education



Wed., October 2, 10:00 a.m.

TED talks in the Theater

Wednesday, October 9, Kris

Lager will present on One Heart Equestrian Therapy.

10:00 a.m., Community Room

Alzheimer's/Dementia Research

Links between hypertension and dementia: In a study published in JAMA (Journal of the American Medical Association), researchers tracked the blood pressure patterns of more than 47,000 people for 24 years, from mid-to-late life, to see if they were associated with dementia risk. Turns out that those who had hypertension at mid-life (44-66) and later in life (ages 66-90) had a 49% increased risk of developing dementia, compared to those whose blood pressure stayed in the normal range. *What you can do:* "Monitor your blood pressure and take it seriously throughout life, and try to keep it in the normal range, whether it's through medication or lifestyle modifications." (Gary Small, M.D., director of the UCLA Longevity Center).

Obstructive Sleep Apnea: OSA is a chronic condition in which a person frequently stops and starts breathing during the night. Research has identified higher levels of protein in the brains of people diagnosed with Alzheimer's who had OSA. *What you can do:* Check with your doctor regarding a sleep study.

And the good news is: Healthy lifestyle choices including eating right, exercising, not smoking and engaging in cognitively stimulating activities may significantly reduce the risk of Alzheimer's, even among people with a genetic predisposition to the disease.

—Susan Fales, Yes2HealthyLife Committee

Reminder: The CHIMES in COLOR:

A few full-color print copies of the current CHIMES are in the Green Hills Library for you to read there (i.e., do not remove). Remember: a full-color edition of the Chimes is sent to residents' e-mail as a PDF for you to read on your device screen, or to print in color on your home printer.

The Chimes editor endeavors to keep the Chimes a "good read," but also an attractive read enhanced by full-color visuals. Color print issues for all residents is cost-prohibitive, hence the option to view and/or print your own at home or see it in the GH library.

ART HAPPENINGS



ARTIST TALK & RECEPTION:

For the last couple of weeks, we've been enjoying the Keith VanDePol paintings in the Green Hills Gallery. Keith will give a talk on **Tuesday, Oct. 1 at 2:00**. In addition to his artwork, some Green Hills residents will remember him from The Frame Shop on Main Street which he owned for many years. No doubt many of our artworks were framed at The Frame Shop.



GALLERY ARTIST MID-OCTOBER:

Lisa Hovis, owner of Photosynthesis on Main Street, will bring some of her newest photographs printed on metal. You may have seen them this summer on display at the Stomping Grounds.



and...IN THE VITRINES:

Day of the Dead, the popular Mexican fiesta day (All Souls' Day, November 2), conjures images of colorful masks and costumes.

David Gradwohl and other Green Hills residents will display items from their personal collections. Although well in advance of the actual Mexican holiday, the Art Committee opted to put items on view this month.

MORE ART NEWS



BOX, BOOK, & BOARD

Collage, Assemblage, Hand Bookbinding
ISU Design on Main, 207 Main St., Ames

October 2–25

Opening Reception Thursday, October 3, 5–7 p.m.

THE RENOVATED BRUNNIER ART GALLERY

If you missed the September 19 gala opening event, be sure to make a visit to this beautiful ISU gallery. Rae Reilly and teams of leaders in the University's art community have completed nearly two years of planning and physical labor to actualize this renovated space. It truly puts us "on the map" of galleries not to be missed.

EDITOR'S CALL FOR RESIDENT ARTISTS' NEWS

If you are part of an exhibition in the local art scene (theater, music, applied art), the Chimes editor welcomes a notice — and accompanying photo if possible — from you to share with your Green Hills neighbors.

E-mail me at mollydsm@comcast.net

Staff Notes

Employees who will complete
their 90 days in October are:

Housekeeping

Noah S.
Lilyahna K.
Kira S.
Wendy D., Team Leader

Dietary Aide

Chloe H.
Hanna C.

Groundskeeper

Saidi S.

CNA

Paulina U.
Brittany R.
Allison B.
Katherine M.
Sophia F.
Laurice C.
Shyanne P.
Tegan C.

Driver

Cody G.

Employee of the Month for September

Starlene Matzen

Ed's Cartoon Corner



Marketing regretted
holding a visitors' open house
during a full moon...