



The Green Hills Chimes

SEPTEMBER 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

If we were asked "What do you consider to be the most unique attribute of Green Hills?", many of us would probably say "The people who live here." In reality if the same question were asked of residents of other Senior Living Communities, they would likely give the same answer. As we become acquainted with our neighbors and work or interact with them on committees or the many planned activities available to us, we learn to value their individuality and we grow to appreciate being a part of this community.

So, what are some of the demographics of the residents at Green Hills? There are 81 townhomes and 83 apartments for Independent Living, 16 apartments for Assisted Living and 56 beds in the Health Care Center. Currently there are approximately 215 residents in Independent Living and 58 in Assisted Living and Health Care when 80% occupied or 65 when 90% occupied. During 2019 there have been approximately 75 couples and 117 singles (85 F & 32 M). The average resident age is 84.0 (F 83.1, range 62 – 103; M 85.4, range 71 – 99).

With these demographics it is understandable why staff encourages us to adopt a healthy lifestyle. Results of numerous research studies indicate the positive benefits of a healthy lifestyle on longevity and quality of life in aging populations. We are fortunate at Green Hills to have full-time staff with responsibility for dietetics and nutrition, and many opportunities for physical exercise and activities emphasizing social interaction, all shown to be important for well-being of senior citizens. Each of us can participate in these offerings, and at any level of commitment.

Another demographic is that 44% of residents in independent living live alone. Many of us know of someone living alone who had a

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serious/fatal accident and was not found for several hours or longer. Home Health Care at Green Hills can be tailor-made to an individual's requirements to meet health needs or peace of mind. Pendants are available so an individual can summon emergency help. Many of us have wearable devices that are mostly dedicated to measuring physical activity, for example counting steps. Several of these wearables also measure heart rate and one can conduct an electrocardiogram. In the not too distant future, wearables will be available to provide continuous measurement of blood glucose or other blood parameters as well as other health data. In-home technology is an area also receiving a lot of commercial attention. Some examples are motion

sensors, cameras, mirrors that would assess one's health based on appearance, voice activated devices and mechanisms placed on frequently used items such as refrigerator doors or toilet seats that would indicate use. A few residents at Green Hills are using some of the available devices as well as allowing studies in their homes of possible future devices. A significant benefit of these technologies would be peace of mind for those living alone. Many will be concerned with sharing this personal information and who should have access to the data. Commercial interests are rapidly developing these technologies, so it is important for staff and appropriate resident committees to monitor these developments to learn what might be appropriate for Green Hills.

—Allen Trenkle



New Green Hills Neighbors:

July 2019:

Chuck & Motoko Oulman
Joanne & Jim Sperfslage

August 2019:

Chuck & Carolyn Jons
John & Suzy Shierholz

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 September 2019:
Apartments: Donna Bond 451-6477 cell
Town Homes: Anne Durland x5398



**Healthy Life Center Ames
Bond Referendum Vote, Tuesday, September 10**

Casting your vote will be easy: The Community Room at Green Hills is one of the 8 polling places in Ames. Polls will be open from 7 AM until 8 PM.

Informational brochures are available in the Green Hills Library.

Questions? Contact Larry Mitchell (357-5110, mitchell2117@msn.com) or Rae Reilly (357-5211, reillypr703@gmail.com)

DONATIONS TO THE MEMORIAL COMMITTEE

The Memorial Committee coordinates the use of funds given in memory of Green Hills residents. Gifts to the Green Hills memorial fund are pooled and used to purchase items for the community which are not regularly budgeted, and which fill a need or which add to the overall enhancement of the community. Items purchased from the pooled funds do not carry a tribute to a specific individual. A thank you card is sent to the donor and a card is also sent to a family member of the deceased. No receipt is sent for federal income tax purposes since a donation to Green Hills is not tax deductible. At the August meeting the committee voted to get two green benches engraved MEMORIAL COMMITTEE. For further advice on giving contact any memorial committee member listed in the residents' handbook.



New Books in the Green Hills Library, July 2019

New books are on the countertop by the windows.

AUTHOR	TITLE	CATEGORY
Backman, Fredrik	Brett-Marie Was Here	Fiction
Berenson, Alex	The Counterfeit Agent	Fiction
Brown, Sandra	Rainwater	Fiction
Cather, Willa	Song of the Lark	Fiction
Genoways, Ted	This Blessed Earth: A year in the life of an American family farm	Nature
Harford, Tim	Fifty Inventions That Shaped the Modern Economy	History
King, Maxwell	The Good Neighbor: The life and work of Fred Rogers	Biography
King, Stephen	Carrie	Fiction
Locke, Tembi	From Scratch: A memoir of love, Sicily, and finding home	Biography
Stewart, Ian	Significant Figures	Biography
Switek, Brian	Skeleton Keys: The secret life of bone	History
Treuer, Anton	Everything You Wanted To Know about Indians but Were Afraid To Ask	History
Ware, Ciji	Island of the Swans	Fiction

Book Review
The Song of the Lark
Willa Cather

It may come as a surprise to readers of the fiction classic novels of Willa Cather that she was born in 1873 in Black Creek Valley, Virginia, the eldest child of Charles and Mary Cather, descendants of established Virginian families. The Cathers moved to Red Cloud, Nebraska to join family members who had moved west, settling in the area earlier. This crucial move, dislocating and dramatic, introduced young Cather to the landscape and people, including immigrants, that she would memorialize in her famous trilogy *O Pioneers!*, *The Song of the Lark*, and *My Antonia*.



The Song of the Lark was written in 1915. Cather, honored for her writings, received the Pulitzer Prize in 1923 for *One of Our Own*, a novel about a WW 1 soldier. Cather spent most of her adult years in the east, working, writing and traveling, and died in 1947.

The Song of the Lark is the story of a female artist's growth and development from childhood to maturity. Quite rare for the times, she is supported by a series of male characters, willing to use their strengths — and in some cases, weaknesses — to help further her career as an opera diva who performed in Europe and America with the Metropolitan Opera. Thea Kronborg is a Scandinavian-American singer who works her way up from the dusty desert town of Moonstone, Colorado, to become world famous. Although Cather herself was not a musician, the parts of the novel covering childhood, apprenticeship and artistic beginnings in the western landscapes are clearly autobiographical.

Thea's closest friends are a handful of adult men who appreciate her qualities, and are also unhappy in Moonstone: railroad brakeman Ray Kennedy, alcoholic piano teacher Professor Wunsch, a wild mandolin player Spanish Johnny. Her most important childhood friend is Dr. Howard Archie who orchestrated her move to Chicago. A Hungarian violin teacher discovers her voice. She finds a champion of her talent who becomes a romantic interest, Fred Ottenburg. With his help, Thea finds her true direction in the remote southwest rock ledges of prehistoric ruins, spending weeks that cement her direction and life's work.

Cather's ability to bring to life her surroundings and people she encountered make for a long but inspiring read. Don't be put off by the length of the book, for each page brings more to reflect and learn about our early 20th century. A very descriptive and lyrical novel!

—Carol Grant

OUR NEW COMMUNITY ROOM IS ALREADY A FAVORITE FOR RESIDENTS' GATHERINGS



Continuing Education presentations



The monthly Potluck



Birthday celebrations

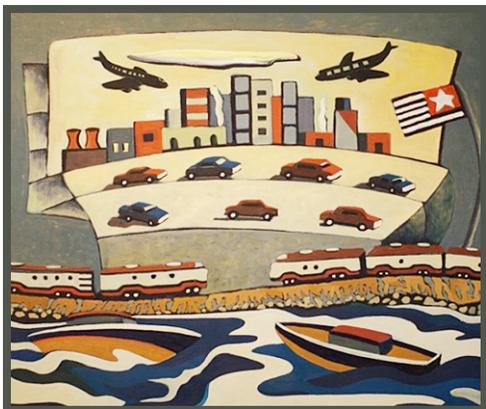


Club 2200

Also available: video screens, shuffleboard, pickleball, dance floor, catering....plan ahead with staff

In the Art Gallery: September

Keith VanDePol holds a BFA from the University of Iowa and an MA in drawing and painting from Iowa State. His work is included in special collections, from museums to private collections around the world.



"Beyond the Glass" Celebration at the Brunnier Latest News from Rae Reilly

Hear a fanfare commissioned for the celebration.

Watch as a surprise develops on the ground floor.

Look for something spectacular hanging from the Scheman ceiling.

Be dazzled by the newly renovated Brunnier space and its three exhibitions.

Enjoy refreshments including creative desserts based on 3 Brunnier artworks.

Be proud that Green Hills is one of the sponsors of the party.

Ge ready to celebrate on Thursday, September 19, 7:00 PM.

Sign up for the Green Hills Bus.

Cocktail attire suggested.



Pool Time With Kathryn

Monday, September 2 is the first day for pool buddies to join Kathryn Andre after her summer break. Kathryn will be in the Green Hills therapeutic pool from 2:30-4:30 every Monday, Wednesday, and Friday, including most holidays, through May 29, 2020.

Because a companion is required for residents to use the pool, Kathryn volunteers at the pool to make it easier for Green Hills residents to come. It is not necessary to sign up or make reservations. You can count on Kathryn to be there. While you are at the pool you are free to do what you desire. You may pool walk, use a flotation device to stretch and relax in the deep end, sit on the benches in front of the warm water jets, lap swim, use the swim jets, use your own exercise program, or participate in a low impact pool exercise program led by Kathryn or another pool buddy.

Kathryn has a masters degree in Outdoor Recreation, started teaching swim lessons at the age of 15, and taught regularly for about 45 years. She was the pool director at summer camps for 15 years, and has earned all of the American Red Cross teaching, safety, and life guard certifications. On request, Kathryn will give free swim lessons.

Continuing Education



Wed., Sept. 4 TED talks will focus on food supply issues we and younger generations might have in the future. Location TBD.

Wednesday, Sept. 11, Dr. Jim Roth: "Emerging Diseases of Food Animals Threaten Global Food Security." Jim Roth, DVM, PhD, is Director of the Center for Food Security & Public Health, College of Veterinary Medicine, ISU.

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.

Bugs — a poem by Diane Neal

Bugs! Leave my plants alone!
Feasting, skulking, there.
Big bugs little bugs,
Filling up the air!

Bugs on iris, bugs on phlox,
They all climb aboard;
Jumping from a bush or ground;
And they like my gourd!

Winged bugs, crawling bugs;
Hiding under leaves,
Green bugs, spotted bugs;
Hatching in the eves.

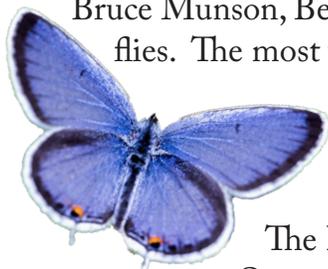
Biting bugs, sucking bugs;
Melon, cabbage, bugs;
Flying bugs, still bugs;
Chewing chomping bugs!

Who can win against bugs?
Do I really care?
I give in to fate;
Let them have their share

(And all of them like roses!)

Our Green Hills Butterflies

The butterfly survey team for Green Hills had a very good count Aug 3 on our designated paths. Bruce Munson, Bev Kruempel, Ruth G. Larson and Ann McMullin recorded 346 butterflies. The most were found in the prairie with 184 and around the town houses with 78.



There were 1 black Swallowtail, 48 Cabbage Whites, 8 Clouded Sulfur, 5 Eastern Tailed Blue, 2 Red Admirals, 7 Monarchs, 1 Silver Spotted Skipper, and 274 Painted Ladies.

The Painted Ladies have had three good hatches so far this season. One of the sites to easily see Painted Ladies is on the Zinnias just inside the gate in the raised box garden plots.

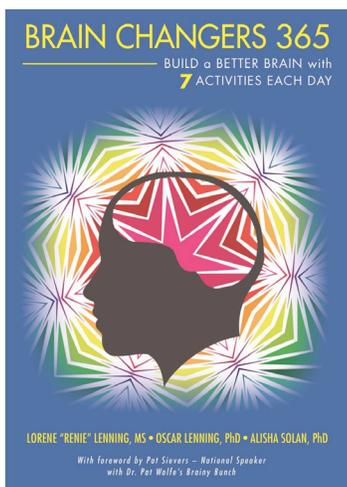
— Ann McMullin



BRAIN CHANGERS

Brought to you by the Yes2HealthyLife Committee

Your Green Hills living experience is full of opportunities for physical improvement as evidenced by the water activities, Sitting Pilates class, Seated Strength class, walking opportunities, gym equipment and games. A new opportunity brings exercise to a very important part of your body – Your Brain.



In our Green Hills Library, you will find a book on the counter, Brain Changers 365, Build a Better Brain with 7 Activities Each Day, by Lorene Lenning, MS, Oscar Lenning, PHD, and Alisha Solan, PhD. This book cannot be checked out but can be used in our library as a daily resource. One daily activity can be done in ten to fifteen minutes to exercise each of 7 different brain functions: 1) Inspirational thinking, 2) Reminiscing, Recollecting, and Reflecting, 3) Knowledge in school subjects, 4) Searching out solutions, 5) Imagination, Creativity & Elaboration, 6) Tidbits about the Brain, and 7) Mindfulness, Movement, and Meditation. This book is also endorsed by the Alzheimer's Research and Prevention Foundation.

There is a folder in Le Bistro with weekly Brain Changer examples for you to try!
—Susan Fales

Staff Notes

Employees completing their 90 days in August are:

Lindens Resident

Aide

Abi W.

Nicole B.

Lauren G.

Hannah E.

Dietary Aide

Justice H.

Allison J.

Gabrielle O.

Charge Nurse

Aruna B.

CNA

Claire B.

Kortnie H.

Janet R.

Allie B.

Maintenance

Graham O.

Groundskeeper

Dan R.

Employees who will complete their 90 days in September are:

Assisted Living

Resident Aide

Emily G.

Dietary Aide

Lily K.

Erin K.

Lauren B.

Marketing

Bailey U.

CNA

Olivia O.

Alexis G.

Samantha S.

Groundskeeper

Lane S.

Maintenance

Logan M.

Greg G.

Employee of the Month for July

Carrie T., Home Health Aide in Assisted Living

Ed's (Editorial) Cartoon Corner

