

**Green Hills Residents' Association**

**2205 Green Hills Drive 50014-9109**

Receptionist Desk	357-5000
Fax	357-5008
Bus Phone	203-1789
Meal Reservations	357-5040
Transportation Reservations	357-5018

**Green Hills Health Care Center**

**2210 Hamilton Drive**

Nurses Desk	357-5100
HCC Fax	357-5071
Aspen Court Nurses Desk	357-5280
Cedar Court Memory Care	357-5104
Admissions Referral Hotline	357-5399
Physical Therapy	357-5078
Physical Therapy Fax	357-5032

**The Lindens**

**2355 Hamilton Circle**

Assisted Living Office	357-5009
Assisted Living Fax	357-5043
Assisted Living Staff Phone	268-5290
Home Health	203-6644

***Reception Email: [ghoffice@greenhillsrc.com](mailto:ghoffice@greenhillsrc.com)***

**Emergency Services 911**

April 2023 Directory

### **Green Hills Mission**

Green Hills is a resident-owned community that enhances the quality of life of its residents by providing services through a continuum of care.

### **Green Hills Vision**

Green Hills will be a leading community which will enhance the residents' quality of life by providing continuing education opportunities, cultural experiences, fitness and wellness development, diverse activities, and superior health care. We will maximize partnerships including but not limited to such organizations and institutions as Iowa State University, Iowa State University Alumni Association, McFarland Clinic, Mary Greeley Medical Center, Ames community and Heartland Senior Services.

### **Green Hills Values**

Green Hills residents and staff believe in:

- The spirit of community, while respecting the privacy and independence of each resident through:
  - Resident-owned town homes and apartments
  - Home-like atmospheres throughout a continuum of care
  - Choice of activities
- Focusing on resident needs and interests through:
  - Effective communication and transparency
  - Available transportation for shopping, culture, education, medical appointments, tours, and sports
    - An environment encouraging physical, social, and educational growth through Programs at Green Hills, Iowa State University, and the Ames community
- Providing peace of mind through:
  - Respect for the rights of the individual
  - The provision of safe, considerate, and professional services
  - The availability of a transitional continuum of care which includes health care services
  - Buildings and grounds designed for safety
  - A commitment to individual attention
- Accomplishing these services through capable and compassionate employees who are committed to enhancing residents' quality of life through:
  - Empowerment
  - Respect for resident dignity
  - Teamwork
  - Honesty and integrity

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**Worth, LoAnne & Schmelzer, Don**  
2205 Green Hills Dr. Unit 1405  
357-5177  
loanne95@gmail.com

**Wright, Carol**  
2205 Green Hills Dr. Unit 1309  
357-5298  
cdwright65@yahoo.com

**Yoder, Ralph & Trudy**  
2205 Green Hills Dr. Unit 1302  
296-5056  
rdy2436@ghrc.co

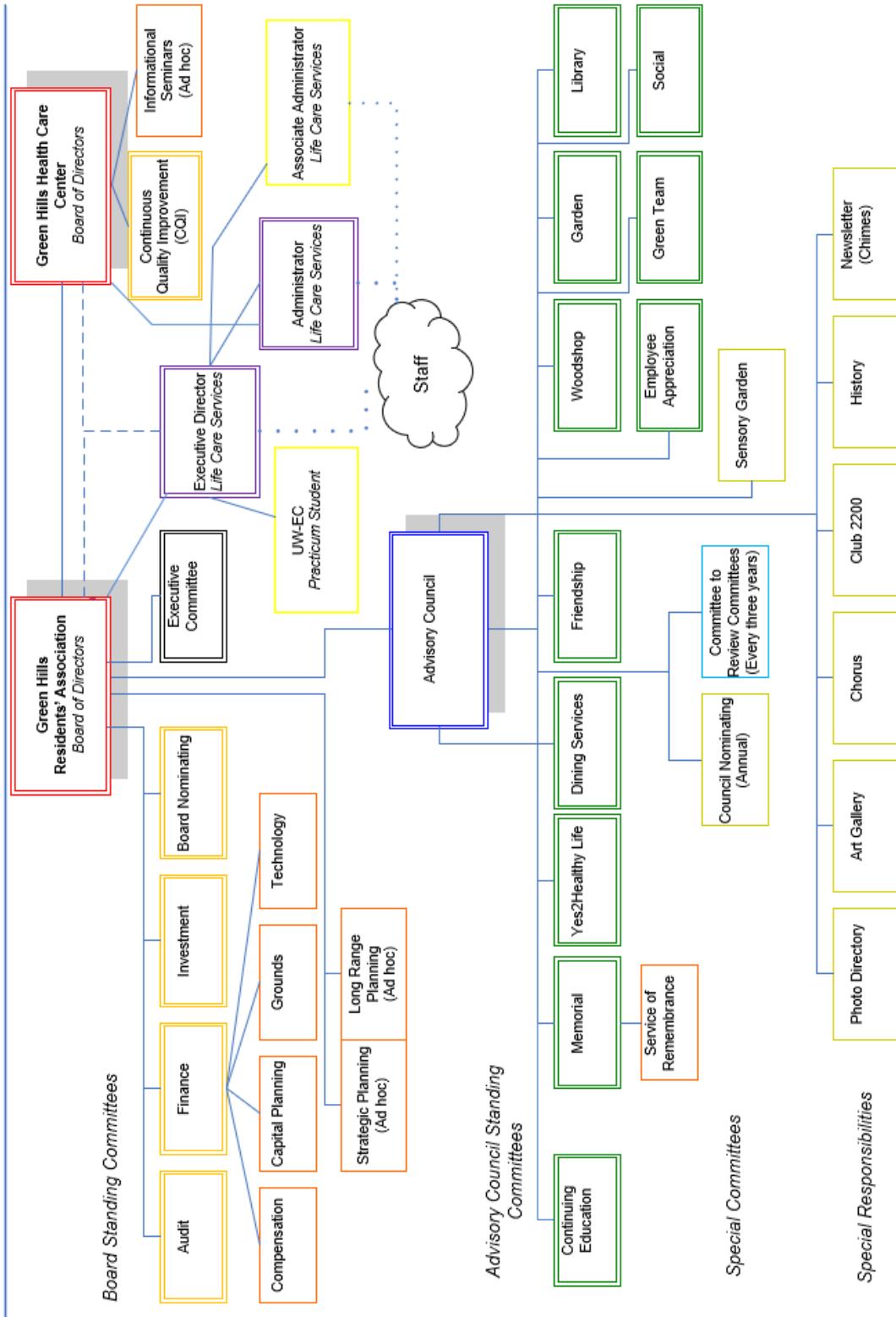
**Zingg, Carol & White, Ed**  
2231 Hamilton Dr.  
268-5269  
(Car) 515-451-4911  
(Ed) 239-689-0405  
rzingg@ghrc.co

**Zwagerman, Lynn & Larry**  
2340 Hilton Ct.  
357-5234  
zwagerman2@gmail.com

*When calling within the Green Hills campus, you only need to dial the last **four** digits of the phone number. The International Calling Code (2200#) must be entered after dialing an international phone number*

# Green Hills Committees

Effective July 1, 2022



**Green Hills Community  
Board, Advisory Council, and Committees**

July 1, 2022 – June 30, 2023

**GHRA Board Members** (Elected by residents)

Term Expires <b>June 30, 2023</b>	Term Expires <b>June 30, 2024</b>	Term Expires <b>June 30, 2025</b>
Dan Krieger* Warren Madden, <i>Treasurer</i> Joan Mathews <sup>†</sup> , <i>Secretary</i>	Suzy Shierholz, <i>Vice-President</i> Jerry Hall, <i>President</i> Ann Campbell*	Ann Hein Paul Rietz Allen Trenkle

\*Non-resident Board member    †Second term    † Replacement

**GHHCC Board Members** (Appointed by the GHRA Board)

Term Expires <b>June 30, 2023</b>	Term Expires <b>June 30, 2024</b>	Term Expires <b>June 30, 2025</b>
Pamela White* Peggy Cutlip <sup>†</sup> Chuck Jons, <i>Secretary</i>	Clarence Cory, <i>President</i> Jon Fleming* Ellie Mathews, <i>Treasurer</i>	Susan Fales, <i>Vice-President</i> Joyce Mercier LoAnne Worth

\*Non-resident Board member    †Second term

**Board Appointed Standing Committees (S) and Ad Hoc Committees (A)**

Term Expires	<b>June 30, 2023</b>	<b>June 30, 2024</b>	<b>June 30, 2025</b>
<b>Audit (S)</b>	John Essig Jerry Hall, <i>Chair</i> Paul Rietz	Roger Beckett <sup>†</sup> Etha Hutchcroft Joe Ludley	Donna Cooper Alan Atherly Allen Trenkle <sup>†</sup>
<b>Finance (S)</b>	Paul Rietz <sup>†</sup> Jerry Hall <sup>†</sup> Ken Kruempel John Essig John Feyerer	Joan Mathews <sup>†</sup> Elizabeth Angelici <sup>†</sup> Clete Mercier <sup>†</sup> Joe Ludley Peggy Cutlip	Paul Brackelsberg <sup>†</sup> Clarence Cory <sup>†</sup> Suzan Shierholz, <i>Vice-Chair</i> Keith Whigham <sup>†</sup> Warren Madden <sup>†</sup> , <i>Chair</i>
<b>Investment (S)</b>	Paul Brackelsberg Warren Madden, <i>Chair</i> Jerry Hall Joe Ludley	Mike Wahlin* Alan Atherly <sup>†</sup>	Donna Cooper Kelly Tobin <sup>†</sup>
<b>CQI (S - GHHCC)</b>	Chuck Jons, <i>Vice-Chair</i> Ellie Mathews, <i>Chair</i> Peggy Cutlip	Joan Mathews Clarence Cory	Carol Grant LoAnne Worth Joyce Mercier
<b>Executive Committee</b>	Warren Madden Joan Mathews	Jerry Hall Suzy Shierholz Clarence Cory	<i>TBA</i>

\*Non-resident volunteer    †Second term

**Finance Committee Sub-Committees**

Term Expires	<b>June 30, 2023</b>	<b>June 30, 2024</b>	<b>June 30, 2025</b>
<b>Capital Planning</b>			Paul Rietz, <i>Chair</i> Bill Whitman Jerry Hall William Fales, <i>Vice-Chair</i> Ann McMullin

Term Expires	June 30, 2023	June 30, 2024	June 30, 2025
			LoAnne Worth
<b>Compensation</b>			Clarence Cory, <i>Chair</i> Joan Mathews Jerry Hall
<b>Grounds</b>	Carole Magilton <sup>†</sup> Paul Rietz <sup>†</sup> Suzy Shierholz, <i>Chair</i>	Anita Dyer Etha Hutchcroft Ann McMullin <sup>†</sup> Clete Mercier <sup>†</sup>	Anne Durland Bruce Munson <sup>†</sup> , <i>Vice-Chair</i> Kelly Tobin
<b>Technology</b>	LoAnne Worth <sup>†</sup> John Essig, <i>Vice-chair</i> Suzy Shierholz <i>Co-Chair</i> Bill Whitman <sup>†</sup>	Bob Angelici <sup>†</sup> Jerry Hall <sup>†</sup> David Stephenson <sup>†</sup> Clete Mercier <sup>†</sup> Kelly Tobin	Dick Horton <sup>†</sup> , <i>Chair</i> Joe Ludley <sup>†</sup> Alan Atherly <sup>†</sup>

<sup>†</sup>Second term

Long Range Planning (A): Jerry Hall, Peggy Cutlip, Paul Rietz, Allen Trenkle, and Suzan Shierholz

Strategic Planning Committee Coordinators(A): Charles Kniker (Co-chair), Paul Brackelsberg (Co-chair), Warren Madden, Clarence Cory, Ellie Mathews, Paul Rietz, Bill Whitman, Joan Mathews, Bill Fales, Carolyn Jons, Chuck Jons, Suzy Shierholz, Dick Horton, and Jerry Hall

Contract (A): Jerry Hall (chair), Warren Madden, Joan Mathews, Clarence Cory, and Peggy Cutlip

Information Seminars (A): Peggy Cutlip, Roger Beckett, Jean Griffen, Clarence Cory, and Paul DeJong

### Advisory Council Members (Elected by residents)

Term Expires <b>June 30, 2023</b>	Term Expires <b>June 30, 2024</b>	Term Expires <b>June 30, 2025</b>
Joe Ludley Beverly Kruempel Larry Mitchell Rae Reilly Maureen Wilt, <i>Chair</i>	Arlene Boyington Paul Brackelsberg Carolyn Jons, <i>Vice-Chair</i> Donna Cooper <sup>†</sup> Joyce Nichol	Fran Berger Jan Essig Linda Peters Norma Speer Kelly Tobin

### Advisory Council Standing Committees

Term Ends June 30,	2023	2024	2025
<b>Continuing Education</b>	Bev Kruempel Jan Stephenson Maureen Wilt Norma Speer, <i>Chair<sup>†</sup></i>	Paula Toms Jerry Hall <sup>†</sup> Phyllis Seim Roger Bruene	Ed Ethridge Susan Fales <sup>†</sup> John Shierholz Florine Swanson Sondra Eddings
<b>Dining Services</b>	Myrna Whigham John Essig Anne Durland Jean Griffen Bev Kruempel, <i>Chair</i> Fran Berger	Anita Dyer Joyce Mercier John Greve Ardeth Rietz Jan Clark Irene Tobin	Donna Cooper Carole Magilton Wayne Gregoire
<b>Employee Appreciation</b>		Carolyn Jons, <i>Co-Chair</i> Rae Reilly, <i>Co-Chair</i> John Greve	Toni Whitman Donna Cooper Joyce Nichol Ardeth Rietz Marguerite Sibley

Term Ends June 30,	2023	2024	2025
<b>Friendship</b>	Fran Berger Hanna Gradwohl Joyce Mercier Jan Essig Paula Toms, <i>Chair</i>	Carolyn Jons Maureen Wilt Shala Ludley LoAnne Worth Arlene Boyington	Linda Peters Mary Feyerer Anne Clubine Anita Dyer
<b>Garden</b>	Paul Clayton Hanna Gradwohl Fran Berger Sonya Colvin William Fales, <i>chair</i>	Bev Madden	Ken Kruempel Pete Pattee Clete Mercier Bruce Munson
<b>Green Team</b>	Donita McCoy, <i>Chair</i> Shirley Riney, <i>Vice-Chair</i>	Ann McMullin Larry Mitchell Jan Essig Janet Stephenson	Ann Hein Carole Magilton Alan Atherly
<b>Library</b>	Joyce Mercier, <i>Chair</i> Anita Dyer LoAnne Worth	Anne Almquist, <i>Vice-Chair</i> Toni Whitman Carol Wright Ardeth Rietz	Phyllis Seim, <i>Secretary</i> Mary Feyerer Wayne Fuller Ruth Larson Pat Thompson Ruth Chapman
<b>Memorial</b>	Jan Clark Roger Beckett, <i>Chair</i>	Charles Kniker Carol Pletcher Peggy Cutlip	Harold Powers Florine Swanson Glenda Hillhouse
<b>Yes2HealthyLife</b>	Maureen Wilt Paul Clayton Paul Brackelsberg LaRue Clark	Susan Fales, <i>Co-chair</i> Roger Beckett Shala Ludley Joyce Mercier	Linda Peters, <i>Co-chair</i> Anne Clubine Marlene Feilmeyer Bud Everett

### Special Responsibilities (Volunteer)

- Art Gallery:** Rae Reilly (chair), Barbara Bruene, Don Dyer, Molly Ethridge, Carol Grant, Art Klein, Shala Ludley, Priscilla Sage, Anne Durland, and Jean Peterson
- Chorus:** Dick McCoy
- Club 2200:** Ann McMullin (chair), Jean Griffen, Paul Brackelsberg, Bud Nichols, Chuck Jons, Clete Mercier, Ruth G. Larson, Anne Almquist, Carole Magilton, Etha Hutchcroft, Carol Wright, and Frank Clark
- History:** Paul Rietz, and Carolyn Jons
- Photo Directory:** Carolyn Jons (chair), Suzy Shierholz, and Paul Rietz
- Sensory Garden:** LoAnne Worth (Co-chair), Maureen Wilt (Co-chair), Fran Berger, Shirley Riney, Ruth Larson, Ann McMullin, Ann Meierkord, Nancy Hall, Norma Speer, Marlene Feilmeyer, and Ellie Mathews
- Woodshop:** David Stephenson (chair), John Dobson, Bruce Munson, Larry Mitchell, Frank Clark, Don Dyer, Joe Ludley, Vikki Morain, and Peter Pattee

## SERVICES

### **Emergency Services:**

**911**

The reception desk is open: Monday – Friday: 8:00 AM – 6:30 PM  
Weekends & Holidays: 10:00 AM – 2:00 PM

The main entrance door (2205 Green Hills Drive) is open during reception desk hours.

Office services and forms include:

Photocopies

Sending fax messages – Receiving faxes (no charge)

Postage and weighing packages up to 30 pounds

Post office envelopes to order stamps

Post office forms to hold or forward mail

Maintenance request

Notary Services

### **Emergency Maintenance Services**

Regular Hours: Weekdays 8:00 AM - 6:00 PM Weekends 8:00 AM - 4:00 PM

If you need emergency maintenance assistance after hours or on holidays, please call Receptionist (5000) or Health Care Center (5100) and they will inform the maintenance department immediately. Depending on the situation; maintenance staff or a contractor will be called out to assist in the situation. For maintenance staff there is a minimum 2-hour charge when applicable.

**Mediacom** – If you have an interruption of service with your cable TV, please call **9-1-888-845-6245** and tell the customer service representative your home or apartment address. The representative may ask for an account number, please use: **8384 9703 0000 0653**.

**Health and Wellness Navigator****Phone 357-5033**

Office hours: Monday thru Friday from 8:00 AM to 4:00 PM.  
Office located in the Wellness Center.

**Community Health and Wellness Assistant****Phone 357-5013**

Office hours: Monday thru Friday from 8:00 AM to 4:00 PM.  
Office located in the Wellness Center.

*Call for the following services:*

Nurse Practitioner Appointments

Podiatrist appointments

Blood pressure testing

Hearing Aid Services

Home Health Services

Long-term Insurance Review

INR Check

**Health Care Center****Phone 357-5100****2210 Hamilton Drive**

When the reception desk is closed, please use this number *for urgent matters only*.

**Use 911 for all emergencies.**

You can call the Health Care Center (5100) for the following services: Nursing Care, Respite Care and Therapies

**The Lindens****Phone 357-5009****2355 Hamilton Circle****Therapy Services****Phone 357-5078**

*Encore Rehabilitation*

**Fax 357-5032**

***Therapy Program Manager***

***Stacy Weaver PT: [sweaver@encorerehabilitation.com](mailto:sweaver@encorerehabilitation.com)***

Our Therapy Partner, Encore Rehabilitation, is a well-respected leader in rehabilitation Programs offering physical therapy, occupational therapy, and speech therapy. Encore is Medicare certified and available for private services. Stop by the Therapy Room in the HCC to visit with them or to make an appointment. Therapy appointments are accepted Monday-Friday, preferably 9:00 AM - 4:00 PM. If a therapist is not in the office, please leave a message on their answering machine.

**Dining Services** – All menus and the catering guide are available at the Reception Desk.

**Dine-in** – **GH Grill** is open 11:30 AM to 6:30 PM on Mondays, Wednesdays, and Fridays; 8:00 AM to 2:00 PM on Tuesdays and Thursdays (**GH Signature Brunch**); and 11:30 AM – 1:30 PM on Sundays. Reservations are not required but encouraged if you have guests and/or need a private table. Table size is limited to 6. Grill menu is available for any takeout or delivery orders. Takeout orders must be placed at least 30 minutes prior to needing your meal. Sunday orders need to be placed before 11:00 AM. Delivery is available for an additional fee. The GH Grill will close for special meal events such as: GH Café, Club 2200 and other special meal functions occasionally scheduled throughout the year. Call the reservation line 5040 and watch for the daily chef specials on the weekly reminder delivered to you each weekend.

**The Linden's Kitchen** is available for meals from 7:00 a.m. - 6:30 p.m., takeout only. Call 5064 at least 30 minutes prior to needing your meal. Copies of the menus are available at the Reception Desk. Pick up your meals from the window in The Linden's Dining Room.

**GH Café** is open from 5:00 PM to 7:00 PM on Wednesday nights. (Usually 1-2 times/month) Reservations are required and can be made by calling 5040.

**GH Signature Brunch** is open every Tuesday and Thursday from 8:00 AM – 2:00 PM for dine-in and takeout. Call the reservation line at 5040 to place your order in the morning starting at 7:00 AM for takeout. Orders need to be placed at least 30 minutes prior to needing your meal.

**GH Market** items are available for pickup or delivery. Online ordering is available or call 5040 to have market items ready with your meal (at least 30 minutes ahead is preferred).

**Club 2200** is held on the fourth Friday of the month. Alcoholic and non-alcoholic beverages and snacks are provided starting at 4:30 in the Community Room. A meal basket is available by reservation at 5:30 PM. Please call 5040 for your reservation.

**Le Bistro** is open Monday through Friday 8:30 AM – 2:00 PM and Saturday 10:00 AM – 2:00 PM. Grab-n-go or dine-in is open for coffee and other drinks, deli items, and bakery items. Beer and wine is also available for takeout.

**GH Catering** is available. You may request catered items for your own personal use in your home, for takeout, or for any on-site parties or gatherings. If you need GH culinary team to prepare anything for you, please ask! Contact Courtney (5004) with all catering questions.

**Online Ordering** is available for the GH Grill and GH Market. If you are not set up on our dining portal and wish to be, contact 5004 or 5010.



### **Transportation – Medical**

Call the reception desk at (5000) to schedule an appointment. There is no fee for local appointments. There is a fee for transportation to out of town appointments. A 48-hour notice is required. Appointments for Monday or Tuesday must be made by Friday during open hours (8:00 AM–6:30 PM).

### **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. \$6.00 per location (per person). A 48-hour notice is required. Appointments for Monday or Tuesday must be made by Friday during open hours (8:00 AM–6:30 PM).

### **Transportation - Airport**

The following transportation is available to the Des Moines airport for a fee.

#### **Executive Express**

320-253-2226 or 888-522-9899 (Toll Free)

#### **Yellow Cab**

515-282-8111

## **ACTIVITIES & AMENITIES**

### **Salon in the Hills with Anita H.**

**Phone 515-357-5074**

**Cell 515-432-2788**

The salon is currently open five days a week, Tuesday through Saturday by appointment only. Please leave messages for appointments.

### **Arts & Crafts**

**Phone 5391**

The Arts & Crafts Room is in the lower level of The Oaks.

### **Wood Shop**

**Phone 5389**

The Wood Shop is in the lower level of The Oaks. Call Josh at (5005) to join the group!

### **Fitness Room - Wellness Center**

The fitness room contains strength machine, treadmills, NuSteps, elliptical, and recumbent bike. Residents can call the Lifestyle Director for a fitness room tour and to set up personal training.

### **Exercise Class - Wellness Center**

There are a variety of exercise classes offered, on land & in the pool. Contact the Lifestyle Director for further information.

### **YES2HealthyLife**

YES2HealthyLife is a health and wellness group open to all residents. Incentives and rewards are given to those who participate at any level.

### **Internet Access**

All residents have available high-speed internet in their homes. Residents may access the Internet free in the library. If you would like an e-mail account or want to sign up for internet access, please contact the reception desk.

### **Library**

Books from the Ames Public Library are available Monday from 1:00 PM - 2:00 PM and Wednesdays from 9:30 AM – 11:00 AM. Books from the Green Hills library may be checked out at any time.

### **Pool**

Please check the calendar posted outside the locker rooms for an updated schedule. You will need a buddy to swim during open swim times.

## Other Resources

Green Hills website – [www.GreenHillsRC.com](http://www.GreenHillsRC.com)

Green Hills Work Requests – <http://greenhillsrc.theworxhub.com>  
(via *The Worx Hub*)

Touchtown – <https://www.residentapps.com/home/residentapps/mobile#/login>

Dining – [www.dining.GHlowa.com](http://www.dining.GHlowa.com)

City of Ames – [www.cityofAmes.org](http://www.cityofAmes.org)

GCF LearnFree.org – [www.gcflearnfree.org](http://www.gcflearnfree.org)

Heartland Senior Services – [www.heartlandseniorservices.com](http://www.heartlandseniorservices.com)

Iowa State University – [www.iastate.edu](http://www.iastate.edu)

Iowa State University Alumni Association – [www.isualum.org](http://www.isualum.org)

Iowa State University Retirees Association –  
[www.isualum.org/network-and-connect/retirees/](http://www.isualum.org/network-and-connect/retirees/)

Iowa State University Extension – [www.extension.iastate.edu](http://www.extension.iastate.edu)

Iowa State University Foundation – [www.foundation.iastate.edu](http://www.foundation.iastate.edu)

Mary Greeley Medical Center – [www.mgmc.org](http://www.mgmc.org)

McFarland Clinic PC – [www.mcfarlandclinic.com](http://www.mcfarlandclinic.com)

Social Security Administration – [www.ssa.gov](http://www.ssa.gov)

SHIIP-Senior Health Insurance Information Program – [www.shiip.state.ia.us/](http://www.shiip.state.ia.us/)

## Green Hills' Senior Leadership Team



Executive Director  
**Kat Kilbane**  
*katk@greenhillsrc.com*  
357-5001



Accounting Director  
**Hiedi Pokorny**  
*hiedip@greenhillsrc.com*  
357-5003



Administrator  
**Jessica Walker**  
*jessicaw@greenhillsrc.com*  
357-5002



Food & Nutrition Services Director  
**Courtney Bieze**  
*courtneyb@greenhillsrc.com*  
357-5004



Director of Clinical Services  
**Katie Seydel, R.N., BSN**  
*Katies@greenhillsrc.com*  
357-5021



Director of Facilities  
**Josh Abate**  
*josha@greenhillsrc.com*  
357-5005



Marketing Director (REALTOR®)  
**Linda Lauver**  
*lauver@greenhillsrc.com*  
357-5030



Human Resources Director  
**Michelle Price**  
*michellep@greenhillsrc.com*  
357-5007



Lifestyle Director  
**Brett Harrison**  
*bretth@greenhillsrc.com*  
357-5044

## Green Hills' Clinical Services Team



Health & Wellness Navigator  
**Rian Jones, R.N.**  
*rianj@greenhillsrc.com*  
*357-5033*



Health & Wellness Assistant  
**Kaylee Uthe, CMA**  
*kayleeu@greenhillsrc.com*  
*357-5013*



Health Care Supervisor  
**Terrisa Clark, RN**  
*terrisac@greenhillsrc.com*  
*357-5038*



Home Health Coordinator  
**Carrie Thompson**  
*carriet@greenhillsrc.com*  
*357-5009*

*Additional Staff Phone Numbers*

AP/Receptionist, Rhonda S.	357-5000	<i>ghoffice@greenhillsrc.com</i>
AR/Billing, Diane C./ Tina T.	357-5023	<i>dianeh@greenhillsrc.com</i> <i>tinat@greenhillsrc.com</i>
Chef's Office, Chris S.	357-5069	<i>chriss@greenhillsrc.com</i>
Environmental Services Supervisor, Taylor F.	357-5026	<i>taylorf@greenhillsrc.com</i>
Executive Assistant, Arissa M.	357-5010	<i>arissam@greenhillsrc.com</i>
Facilities Assistant, Emily N.	357-5017	<i>emilyn@greenhillsrc.com</i>
HCC Resident Care Coordinator, Chelsey K.	357-5011	<i>chelseyk@greenhillsrc.com</i>
HR Generalist, Zach H.	357-5035	<i>zacharyh@greenhillsrc.com</i>
IT Manager, Alex K.	357-5037	<i>alexk@greenhillsrc.com</i>
Kitchen – HC & The Lindens	357-5064	
Kitchen – GH Grill	357-5063	
Landscape and Lawn Care Supervisor, Selena J.	357-5047	<i>selenaj@greenhillsrc.com</i>
Le Bistro	357-5046	
Life Enrichment Coordinator (IL), Cheryl G.	357-5006	<i>cherylg@greenhillsrc.com</i>
Life Enrichment Coordinator (HCC), Kathryn Metz	357-5022	<i>kathrynm@greenhillsrc.com</i>
Maintenance Office	357-5390	
Marketing Coordinator, Bailey S.	357-5090	<i>baileys@greenhillsrc.com</i>
Medical Records/Receptionist, Sam R.	357-5029	<i>samr@greenhillsrc.com</i>
Maintenance Supervisor, Joe S.	357-5048	<i>joes@greenhillsrc.com</i>
Social Services, Tina B.	357-5020	<i>tinab@greenhillsrc.com</i>

*Phone Room Numbers*

*(unmonitored phones)*

Arts & Crafts	357-5391
First National Bank/SHIIP Office	357-5034
Fitness Room	357-5376
Salon in the Hills by Anita H.	9-(515) 432-2788 or 515-357-5074
Main Lobby Courtesy Phone	357-5019
Pool	357-5375
Wood shop	357-5389

**Green Hills Glossary**

**Green Hills Residents' Association (GHRA)** – Not for profit homeowner's association composed of 164 residential apartments and townhomes.

The Oaks – Residential living apartment building eight stories composed of 50 apartments.

The Maples – Residential living apartment building composed of 32 apartments.

Woodview townhomes– Residential living townhomes composed of 41 townhomes.

Timberland townhomes - Residential living townhomes composed of 40 townhomes.

**Green Hills Health Care Center (GHHCC)** – For profit corporation owned by GHRA which operates a 56 bed Medicare certified health center and 16 assisted living apartments.

The Lindens – Assisted living composed of 16 apartments.

Willow Lane – Health Care Center neighborhood composed of 20 skilled nursing rooms with 28 beds.

Aspen Court - Health Care Center neighborhood composed of 14 skilled nursing rooms with 14 beds.

Cedar Court – Health Care Center memory care neighborhood composed of 11 skilled nursing rooms with 14 beds.

## Mediacom Channels

Channel	HD	HD*	No Box	Aux
A&E	847	58	54-11	
AMC	865	42	54-23	
Ames High School		7	121-7	85
Animal Planet	844	62	52-19	
Bally Sports Midwest	832	40	66-15	
Bally Sports Midwest Plus	833	34	66-29	
BBC America	791	218		
BET	874	57	52-13	
Big Ten Network	834	59	51-25	
Bravo	859	72	52-15	
BTN Overflow 1		160	68-8	
BTN Overflow 2		161	68-10	
Cartoon Network	862	31	53-5	
CBS Sports Network	762	171		
City Government	812	12	121-1	121-11
CMT	875	75	53-15	
CNBC	855	37	52-17	
CNN	837	65	53-1	
Comedy Central	871	49	51-7	
C-SPAN		95	85-3	
C-SPAN 2		87	85-21	
C-SPAN 3		88	85-13	
Cyclones.tv	798	165	68-2	
Daystar		216		
Decades		133		
Discovery	842	46	51-11	
Disney Channel	878	39	54-7	
Disney Junior	795	70	54-5	
E!	867	77	52-5	
El Rey Network	665			
ESPN	830	35	66-5	
ESPN2	831	36	66-13	
EWTN		94	85-17	
Food Network	858	68	54-1	
FOX Business Network	775	248		
FOX News	856	44	51-13	
Freeform	876	32	51-5	
FS1	861	74	52-9	
FS2	765	179		
FX	860	27	52-1	
FX Movie Channel		221		
FXX	760	212		
Hallmark Channel	879	66	51-1	
Hallmark Movies & Myste	785	292		

Channel	HD	HD*	No Box	Aux
HGTV	857	67	54-3	
History	848	45	54-13	
HLN	868	30	53-3	
HSN	823	15	85-23	
HSN2		138		
IFC	786	219		
INSP		93	85-15	
Investigation Discovery	772	205		
ISU Education		18	121-18	
JTV		215		
KCCI (CBS 8) Des Moines		8	79-6	
KCCI CBS	808		8-1	
KCCI-DT2 MeTV		247	8-2	
KCCI-DT3 MyNet/Heroes &		109	8-3	
KCWI (CW 23) Des Moines		9	79-12	
KCWI CW	809		23-1	
KCWI-DT2 Escape		102	83-5	
KCWI-DT3 Bounce TV		103	83-6	
KCWI-DT4 Quest		104	80-7	
KDIN (IPTV PBS)	811		11-1	
KDIN (IPTV PBS) Des Moi		11	79-22	
KDIN-DT2 (IPTV) PBS KI	794		11-2	
KDIN-DT3 (IPTV) PBS WOR		119	11-3	
KDIN-DT4 (IPTV) PBS Cre		118	11-4	
KDMI TCT		3	79-88	
KDSM (FOX 17) Des Moine		6	79-10	
KDSM FOX	817		17-1	
KDSM-DT2 COMET		110	17-2	
KDSM-DT3 Charge!		111	17-3	
KDSM-DT4 TBD		112	86-6	
KFPX (ION 39) Newton		10	79-4	
KFPX ION Television	810		39-1	
Lifetime	863	29	54-17	
Lifetime Movies	864	64	66-25	
MC22	822	22	60-22	79-44
Mediacom Marketplace		123		
Mediacom On Demand		1		
Motor Trend	841			
MSNBC	854	63	53-21	
MTV	872	33	53-17	
National Geographic	849	208		
NBC Sports Network	827	73	52-7	
Nick Jr.		230		
Nickelodeon	877	24	53-19	



Channel	HD	HD*	No Box	Aux
OWN	779	203		
Oxygen	777	55		
Paramount Network	870	28	53-11	
Public Access		16	121-16	84
QVC	814	4	85-2	
QVC Plus				132
RFD-TV	793	56	51-17	
ShopHQ		2	85-9	
SonLife		98		
Sundance TV		390		
Syfy	839	71	54-21	
TBN		92	85-5	
TBS	836	23	53-7	
TCM		259	66-27	
Telemundo	632	78	96-99	
Tennis Channel	759	176		
The Weather Channel	853	26	66-17	
TLC	843	50	51-19	
TNT	835	47	53-9	
Travel Channel	866	69	52-23	

Channel	HD	HD*	No Box	Aux
truTV	869	43	53-23	
TV Land	792	61	53-13	
UniMÁS	633	60	66-11	
Universal Kids		197		
Univision	631	41	52-11	
USA Network	838	25	52-21	
VH1	873	48	54-15	
VICELAND	771	251		
WE tv	852	38	51-21	
WHO (NBC 13) Des Moines		13	79-2	
WHO NBC	813		13-1	
WHO-DT2 SportsGrid		246	13-2	
WHO-DT3 Antenna TV		114	13-3	
WHO-DT4 Court TV		115	13-4	
WOI (ABC 5) Des Moines		5	79-8	
WOI ABC	805		5-1	
WOI-DT2 Laff		105	5-2	
WOI-DT3 Grit		106	5-3	
WOI-DT4 Cozi TV		107	5-4	
GH Activities	995		16-1	
GH Bus	996		16-3	

**Music Channels with Box 1701-1749**

Notes:

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**Green Hills' Inhouse TV Channels**

**16.1 (Daily Slides), 16.3 (Camera), 16.5 (Camera), 16.7 (Camera), 124.1 (Community Room), 995 (Cable Box Daily Slides)**

## Companies we use for service

Type of Repair	Company	Phone
Appliance and TV	Green's Appliance	323-0680
	Ken's Appliance	232-1838
	Crise Appliance	291-3495
Cleaning (General)	CJ's Cleaning	291-9516
	PhClean	232-8029
	Molly Maid Cleaning Services	393-4908
Carpet Cleaning	Steamway	232-8938
	ServPro	233-4544
	AJ's Cleaning & Restoration	868-9985
Electrical	DDM Electric	203-1044
	Thompson Electric	232-7973
	Nelson Electric	232-2445
Garage Door	The Door Store	292-4292
	Central Iowa Door	733-4909
	WD Door	963-0989
General Contracting and Carpentry	Geisinger Construction	203-6075
	Iowa Home Consulting	450-2946
	Hickory Construction	966-4008
Heating and Cooling	One Hour Air	663-9971
	Neighbor's Heating & Air	232-7777
	Ames Heating & Cooling	292-3322
Moving	Adam's Moving	233-8558
	Two Men and a Truck	303-2278
	Hemmen Moving Services	460-8234
Moving & Disposal	PSA Ames	233-1922
	Iowa Home Consulting	450-2946
	Walters Sanitation (Disposal Only)	432-2866
Painting	Winkler & Sons	292-4146
	Great Plains Painting	605-0123
	Cutting Edge Painting	290-9998
Pest Control	Preferred Pest Management	292-8989
	Springer Pest Control	454-2991
	Fenix Pest Control	310-9990
Plumbing / Clogged Drains	Benjamin Franklin Plumbing	232-5452
	Roto-Rooter	233-2065
	Clouser Plumbing	232-5156



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