



THE PAST, PRESENT, and Green Hills

JANET HURLBERT STARTS A NEW CHAPTER AT GREEN HILLS

Novelist Thomas Wolfe wrote *You Can't Go Home Again*, but Janet Hurlbert is proving there's more to the story, thanks to Ames and Green Hills.

"My family lived in Ames until I was in fifth grade," Janet said. "Even after we moved to Colorado, and my career eventually took me to the eastern United States, I kept coming back to Ames for various reasons."



When she attended ISU summer school, she worked as a teller at the First National Bank in Ames. After earning her graduate degree in library science from the University of Denver, she worked as a reference librarian at Iowa State University (ISU) from 1970-72. Next, she became head of collections management at Virginia Commonwealth University in Richmond, Virginia, a cultural center that was “like living in a history book,” she recalled.

Janet and her family later settled in Williamsport, Pennsylvania, home of Lycoming College, a private, liberal arts college. She had become the college’s associate dean and director of library services by the time she retired in 2013. Retirement didn’t mean Janet was free from responsibilities, though. After her husband became ill, Janet cared for him until he passed away in 2021. As she pondered the next chapter of her life, her thoughts turned to Ames.

She started researching the Green Hills website. While she wasn’t interested in apartment living, she liked the townhomes and the option for home ownership.

Best of all, Green Hills welcomes pets—including her two Chihuahuas. “I felt like I could have an interesting, new start in Ames,” said Janet, who moved to a two-bedroom townhome on campus in July 2022.

Reconnecting with the Ames community has been a wonderful journey for Janet, who starts her day with exercise at Green Hills. **“I meet a lot of dogs when I go on walks,”** noted Janet, an avid dog lover.

Then it’s off to an array of volunteer activities on campus and beyond. “I like to keep busy,” said Janet, who plays the piano once a week at the Green Hills Health Center. She also plays the organ and has been learning to play the oboe. She joined the Heart of Iowa band, which performs concerts at area nursing homes. (“I’m still able to take oboe lessons from my teacher in Pennsylvania, thanks to Zoom video conferencing,” added Janet, who also participates in two bell choirs in Ames.)



FOOD AND FRIENDSHIP MAKE STRONG CONNECTIONS

On Thursdays, Janet volunteers at the Boone County Historical Society, where she’s researching the history of the Boone Biblical College. Back in Ames, she volunteers at the non-profit Food at First food pantry, as well as the local Lasagna Love chapter, where she prepares and delivers homemade lasagna for people in need.

If that weren’t enough, Janet has signed up to care for one of the raised garden beds at Green Hills. She also makes time for quilting, a hobby she fell in love with after she and one of her daughters took a quilting class. “I became obsessed,” joked Janet, whose town home is filled with her creations—many of which are purple (her favorite color). “I try to quilt every day, because it’s very soothing. I also appreciate the wonderful quilt shop in downtown Ames.”

★ **Janet is glad to call Ames home. “I always felt a connection here. I appreciate how everyone has been so nice and friendly at Green Hills.”**



FIVE REASONS LIFE IS MORE VIBRANT AT GREEN HILLS

When you're a retired educator like Charles Kniker, whose first calling was as an ordained minister, you've experienced life-altering challenges and appreciate how a caring community like Green Hills helps you continue to discover the joy in everyday living.

“Green Hills is vibrant,” says Charles, who continues to preach on occasion in United Church of Christ (UCC) churches. “I love being around dynamic people, and we have individuals and couples here with fantastic experiences.”

A native Texan, Charles came to Ames in 1969 to teach in the College of Education at Iowa State University (ISU). By this point, he had completed his training at Eden Theological Seminary in St. Louis, which included a year of missionary work in Honduras, served two churches, and earned his doctorate in education at Union Theological Seminary and Columbia University in New York.

Charles and wife, Eleanor, enjoyed raising their two sons in Ames, where Charles was a Professor of Education and later assistant dean of ISU's College of Education. Charles and Eleanor moved to St. Louis in 1993 after Charles became president of Eden Theological Seminary. Following that was serving a UCC congregation in Texas. Missing Iowa, Charles and his wife returned “home,” where Charles served as associate director of academic affairs for the Iowa Board of Regents from 1998-2002.

While in Texas, Eleanor was diagnosed with a brain tumor and had her first craniotomy. Although a second surgery at the University of Iowa successfully removed the tumor, occasional seizures began to occur. The Knikers, who were living in Ankeny at the time, knew it was time to move to a senior living community. After looking at various options, they chose Green Hills.

“It had everything we needed, including the Health Care Center,” said Charles, who moved with Eleanor to a spacious, seventh-floor apartment in The Oaks in 2004.



“Our furniture fit perfectly, and the views are incredible.”

After Eleanor passed away in 2008, one of Charles' sons urged him to move to the East Coast near his family. Charles turned him down. “I like the way Green Hills feels like a small town in a thriving university city,” said Charles, who values **five key things about Green Hills**:

1 Close friendships.

It's easy to meet people with similar interests. “Especially for widows and widowers, Green Hills offers unique opportunities for finding close friends,” Charles said. After Eleanor died, Charles' next-door neighbor, who had lost his wife three months earlier, invited Charles to visit. “Though we had quite different careers, since he spent many years as a vet in the military, we found common interests – sports, humor, being outdoors—and became fast friends.” Charles also formed a friendship with a retired journalist. “He and I both cherished books on American history and biographies. He was a Republican, I was a Democrat, but we had extensive, civil conversations. One of our rituals was to have breakfast together in The Grill on Thursday mornings.”

2 Continuing education.

Keeping your mind active is essential to successful aging. Green Hills' library encourages lifelong learning, as do the continuing education programs that bring outstanding speakers to campus, Charles said.

3 Many dimensions of wellness.

When Charles published his seventh book, *Spirituality That Makes a Difference*, in 2022, he referred to Green Hills' focus on purposeful living. One component of that is Green Hills' focus on the seven dimensions of wellness, including mental, physical, social, financial, spiritual, environmental, and vocational. “It's not just talk,” Charles said. “Green Hills has a full-time wellness director whose classes are quite popular.”

4 Peace of mind.

Charles thinks back to the time when he needed a pacemaker and required an unexpected extended hospital stay. “My sons didn't have to rush out,” he said. “We could count on the continuum of care, including short-term stays in the Health Care Center.”

5 New opportunities.

People can volunteer for many committees at Green Hills, from finance to technology, said Charles, who served as president of the Green Hills Resident Association Board for five years. A desire to give back also prompted Charles to start an education scholarship fund in honor of his late wife, Eleanor, to help Green Hills Health Care Center employees continue their nursing education. **“We all have something to contribute, whatever our background,” Charles said. “I'm glad to be at Green Hills, which is blessed with caring people who provide comfort and encouragement.”**



“GREEN HILLS IS THE PLACE TO BE”

One of the interesting things about growing up in a small town is that everyone has a role in the community. Just ask Paul and Ardeth Rietz, who were raised in Rowan, a small town in north-central Iowa that had about 200 residents when they were growing up there in the 1950s.

This small-town spirit thrives at Green Hills, which blends the best of a close-knit community with the amenities of a larger city. **“Green Hills is the place to be,”** said Paul, a retired architectural engineer.

Both Paul and Ardeth have been rooted in central Iowa and Ames for decades, long before they moved to Green Hills. “My mother was a 1935 Iowa State graduate and always told me I’d be an engineer,” Paul said.

He decided that was a good plan and enrolled in the College of Engineering at Iowa State in 1959. After Paul and Ardeth married in 1963, Ardeth worked for an accountant in Ames while Paul finished his degree.

Job opportunities led the couple to Des Moines, where Paul worked for an architectural engineering firm, and Ardeth worked for a brokerage firm. As they grew their careers, they also started a family. By 1980, Paul and Ardeth decided to return to Ames to establish a new engineering business—Rietz Consultants Ltd.

“We worked on a variety of projects at Iowa State, from restoring the campanile to renovating the Maple Hall dormitory and working on the Frederiksen Court Apartments,” Paul said.

The business expanded to industrial and municipal projects, including a pet food plant in Canada. Ardeth handled the bookkeeping and business management for the company, which the couple ran until 2013, when they retired and passed the business to their sons.

The couple remained in Ames in the Stone Brooke neighborhood, where they lived a block away from Ardeth’s sister, Arlene, a retired teacher. When Arlene started thinking about moving to a senior living community in Ames, Paul and Ardeth decided this might be a good option for them, too. **“We had close friends in Ames and didn’t want to leave the community,”** Ardeth said.



“YOU’LL APPRECIATE THIS COMMUNITY SO MUCH”

The trio looked at Green Hills in 2016, where a new apartment building called The Maples was under construction. “We liked the fact that we could own our own unit, plus we’d be close to the five-star Health Care Center at Green Hills,” Paul said. “We spent a weekend thinking about it and signed the deal Monday.”

Paul and Ardeth moved into a first-floor apartment next door to the apartment that Arlene selected. The Rietz’s were ready to downsize from their 4,000-square-foot home to their 1,500-square-foot apartment. “I don’t miss cleaning,” said Ardeth, who appreciates Green Hills’ housekeeping services. **“We can also go months without needing to cook a meal, because we love the Grill restaurant here. The quality of the food at Green Hills is fantastic.”**

Paul and Ardeth enjoy visiting with friends at Green Hills’ community room and stopping by the theater, which not only shows movies, but offers a fun gathering place to watch sporting events.

Paul also likes to volunteer with various committees at Green Hills, where opportunities range from finance to long-range planning. **“Retirement was very challenging for me, since I’d worked 40+hour weeks for years,”** Paul said. **“Serving on committees at Green Hills has made that transition a lot easier.”**

While the Rietz’s have a town home in Texas, close to their daughter’s home, they don’t spend as much time there as they thought they might. “We have too much to do here!” Paul said.

★ **Connecting with a vibrant community like Green Hills can make a huge difference in your outlook on life, he added.**

“Look at Green Hills before you think you need it. You’ll appreciate this community so much when you make the move.”



Photo of Paul and Ardeth Rietz

“EVEN BETTER THAN WE EXPECTED:”

GREEN HILLS BRINGS WAYNE AND MARY GREGOIRE HOME TO AMES

Sometimes life happens so fast it's surprising. Just ask Wayne and Mary Gregoire, who decided to retire to a college town after living in the Chicago suburb of Naperville, Illinois, for a number of years.

“We planned a road trip in the summer of 2022 to look at retirement community options and figured we'd move in the next two to five years,” Mary said.

When they arrived in Ames and visited Green Hills, they were wowed by their tour of a spacious townhome, complete with a sunroom and basement. **“It was so much bigger than we anticipated,” Wayne said. “We went back to the hotel and discussed how much we liked everything at Green Hills. We put in an offer right away, and they accepted it the next day.”**

The couple moved to Green Hills in July 2022. In a way, it was like coming home, since Mary's career in foodservice management education had brought them to Ames nearly 25 years earlier, when she worked for Iowa State University (ISU) and Wayne was pharmacy manager at Kmart.

COMING FULL CIRCLE

Life became a grand adventure for Wayne and Mary, both rural North Dakota natives, after they met at North Dakota

State University (NDSU). Following their marriage in June 1975, they ended up in the one place Mary didn't want to go—the greater Chicago area.

“We moved to Munster, Indiana, when I was hired as a pharmacist with SuperX Drugs,” Wayne recalled. “Fortunately, my work was ‘portable,’ so I could find pharmacy jobs as Mary's career evolved.”

Mary had studied dietetics at NDSU and became a foodservice director at a hospital in Indiana. In 1981, the Gregoires moved to Manhattan, Kansas, where Mary earned her Ph.D. in foodservice/hospitality management and joined the faculty of Kansas State University. Wayne took a position as a pharmacy manager with Kmart.

By the early 1990s, the Gregoire family relocated to Hattiesburg, Mississippi, where Mary became an associate director of applied research at the National Food Service Management Institute at the University of Southern Mississippi. After that, the family moved back to the Chicago area when Mary accepted a position as associate director of food and nutrition services at Rush University Medical Center.

Next, the Gregoire family moved to Ames when Mary was recruited as a professor and chair of ISU's Department of Hotel,

Restaurant, and Institution Management in 1998 (which was expanded in 2000 to the Department of Apparel, Educational Studies, and Hospitality Management).

While the Gregoires enjoyed Ames, they moved back to the Chicago area in 2006 when Mary became the director of food and nutrition services at Rush University Medical Center, as well as the chair of the Department of Clinical Nutrition and a professor at Rush University.

After Wayne retired in November 2018 from his pharmacy career, Mary continued to serve as the executive director for the Accreditation Council for Education in Nutrition and Dietetics in Chicago, a role she held from 2014-2019. “When I retired, Mary thought I was having too much fun,” Wayne joked.

The Gregoires are happy to be back in Ames and enjoy the fun activities at Green Hills. “The sense of community here is even better than we expected,” Mary said. Wayne loves the heated swimming pool and also enjoys woodworking. “Green Hills has a marvelous shop, and I've made some great friends there,” he noted.

ISU offers plenty of entertainment, too. “You get spoiled going to shows and events on campus,” Mary said. “The Green Hills bus picks us up at our driveway, delivers us right to the entrance and takes us back home.”

★ The couple values their lock-and-leave lifestyle. “When we were gone for an entire month, we didn't have to worry about a thing,” Wayne said. ”



Photo of Mary and Wayne Gregoire

“The Green Hills staff are all just lovely. We couldn't be happier here.”

WE'RE *Expanding*

Green Hills is preparing a new expansion project for our Maples apartments. This expansion will be 20 apartments with a mix of two bedroom and two bedroom plus options! We are making decisions on floors plans and working on the mix of design styles. Our Futures and Finance committees are involved in the development of this project, as we confirm pricing to share with our depositors.

There will be a Green Hills Residents' Association resident owner vote later this Spring to move forward with the project. Sales and selections will take place in 2023, with building construction planned for 2024, and move-in dates anticipated during Spring 2025.

To secure your space in the decision process, we have a priority reservation program anyone can join!

We require a \$1,000.00 fully refundable deposit, that secures your place in the line of depositors to choose your floor plan and location.



Contact the Green Hills Marketing Team, Linda Lauver or Bailey Sherburne at 515-357-5000.



GREEN HILLS™

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Ready to learn more?

Call Linda Lauver today
to learn more about the
Green Hills Lifestyle

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