



# The Green Hills Chimes

AUGUST 2020

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

As a result of a well thought-out plan based on input from multiple sources, no Green Hills residents have been infected by the Coronavirus during the first five to six months of the global pandemic. Thanks must go to leadership staff remaining committed to and altering the plan as needed, faithful employees, and willingness of residents to abide by the guidelines. Although the virus remains a grave and continuing threat, much has been learned about practices to remain safe. Knowledge and experience gained with safety measures related to this virus allow carefully bringing back some of the activities that were shut down in March.

Since the initial shutdown the virus has spread to all parts of the country and remains a viable threat everywhere, but the nation is gradually trying to reestablish economic and social activities. As family and friends are allowed back on our campus and we go out into the wider community, we each become part of the larger segment of society dealing with the continuing risks of the pandemic. All of us at Green Hills remain as susceptible to infection from this virus as we were five months ago. Individuals shedding the virus without experiencing any symptoms of the disease create uncertainty and are a major obstacle in controlling its spread.

To maintain safety of all Green Hills residents, as we go forward with opening the community, requires each of us to continue following the guidelines recommended by leadership, but also to accept individual responsibility in what we do and where we go. In reality the responsibilities are not so burdensome: wear a mask when interacting with others, maintain distancing from others, wash hands and avoid or minimize time in crowded environments, especially indoors. Our goal should be to maintain the reopening process. —Allen Trenkle

# COMET NOTES

from Allen Trenkle

The Comet Neowise was visible in the Northern Hemisphere before sunrise in the Northeast sky during early July. Since mid-July the comet can be seen after sunset in the Northwest sky. The best time for viewing will be about an hour after sunset when stars begin to appear. The comet will appear as a fuzzy star just below the Big Dipper. With the amount of light pollution, binoculars will be required to find it and will be necessary to see the tail.

I did go out the other night and found it with binoculars. It was quite dim and not visible to the naked eye.  
—Allen

**Remember:** You can see the Chimes **in color**, in the **PDF Chimes** sent to you as an e-mail attachment from Stacie (Leisure Services).

## The Green Hills Chimes

### Publisher:

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### Submissions Deadline:

15<sup>th</sup> of each month



## We welcome new residents

Joyce & Bud Nichol, 2316 Hamilton Drive

## The Friendship Committee

Do you know someone  
at Green Hills who is ill,  
in the hospital, or has  
lost a loved one in their  
immediate family?

Whoooo  
you gonna call?



The Friendship  
Committee Co-Chairs:  
Carole Magilton x5113  
Anne Durland x5398

Please call the following committee members  
if there are occasions when a contact should  
be made to recognize illnesses and deaths:

Contact Assignments for **August 2020:**

Apts: Alice Thompson x5024

Town Homes: Maureen Wilt x5054



**New Books in our Green Hills Library**  
on the countertop by the windows

AUTHOR	TITLE	CATEGORY
Bolling, Eric	<i>Wake Up America: The Nine Virtues That Made Our Nation Great – and Why We Need Them More Than Ever</i>	Econ/Govt
Clark, Mary Higgins	<i>Where Are the Children? A Novel</i>	Fiction
Cussler, Clive	<i>Skeleton Coast: A Novel of the Oregon Files</i>	Fiction—paper
de Courcy, Anne	<i>The Husband Hunters: American Heiresses Who Married into the British Aristocracy</i>	History
Ellis, Mary	<i>Magnolia Moonlight</i>	Fiction—paper
Goodwin, Doris Kearns	<i>Leadership: In Turbulent Times</i>	History
Harris, Oliver	<i>A Shadow Intelligence</i>	Fiction—paper
Hendricks, Greer & Pekkanen, Sarah	<i>The Wife Between Us: A Novel</i>	Fiction—paper
Iowa Master Farmer Award	<i>A History of the Prestigious Award, Its Winners, and a Century of Iowa Agriculture</i>	Iowa

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AUTHOR	TITLE	CATEGORY
Orange, Tommy	<i>There There</i>	Fiction—paper
Rocca, Mo	<i>Mobituaries: Great Lives Worth Reliving</i>	Biography
Steinhauer, Olen	<i>The Bridge of Sighs: A Novel</i>	Fiction—paper

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### Book Review: The Dutch House, by Ann Patchett



Ann Patchett's 2019 novel, *The Dutch House*, is the story of human relationships and also the tie to one inanimate object, the Dutch House. The book spans a five-decade period in the life of the book's narrator, Danny Conroy. The purchase of the Dutch House by Danny's father starts a fairytale-like beginning in the lives of Danny and his older sister, Maeve. Mother then leaves the family to serve the destitute in India and a stepmother, complete with two daughters, enters the Conroy family. Father dies and Maeve and Danny are evicted from the home. The fairytale fades into reality as Danny's life unfolds. The brother/sister bond between Danny and Maeve remains strong and intact, even if Danny is not willing to follow the directional path that Maeve plans for his life.

As Danny interacts with the various characters in this novel, Patchett develops a theme of how to live with gratitude, compassion, and the ability to forgive, which brings up the return of Mother and her reintegration into the lives of Danny and Maeve. Read for yourself to learn more about that development as well as how the Dutch House itself survives.

Ann Patchett has written eight works of fiction and loves books so much she is co-owner of a Nashville book store. If you need additional references for this author, I offer you the name of YoYo Ma who said he has read all of her books and that "her humanistic imagination knows no limits."

— LoAnne Worth

## From the Yes2HealthyLife Committee: 10 Ways to Safeguard Against Falls

*From the Harvard Medical School newsletter*

One of the critical goals of managing bone-thinning osteoporosis is to prevent the fractures that can threaten independence, steal mobility, trigger depression, and result in pain, disability, or even death. These 10 simple steps can help safeguard your bones:

1. Clear your floors of clutter and any items that you could easily trip over, including loose wires, cords, and throw rugs.
2. Keep stairways, entrances, and walkways well lit, and install night lights in your bedroom and bathroom.
3. Clean up spills immediately.
4. Wear rubber-soled shoes for better traction. Avoid walking around in socks.
5. Avoid having to climb or reach for items. Keep the things you use often in easy-to-reach cabinets. You might also purchase reaching and grasping tools to get at difficult-to-reach items.
6. Add grab bars to your tub and use nonskid mats on bathroom floors.
7. Be careful when pets are nearby. Tripping over a pet, most often a dog or cat, is a common cause of falls.
8. Talk to your doctor about whether any medications you are taking can cause dizziness, affect balance, or have other side effects that might make you more prone to a fall.
9. Find physical activities, such as Tai Chi or Yoga, that can improve your balance, coordination, and muscle strength.
10. Have your vision checked regularly and keep your glasses and/or contact lens prescription up to date.

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### Library News

All **large print** books are now together on the north wall (which is to the right of the entrance as you enter library): Fiction and Non Fiction.

**Other book sections have also moved to the north wall:** sections such as Humor, Art, Reference, Books about Women

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## OLLI Fall Classes Registration

**Mark these OLLI dates on your August calendar  
August 13th and August 14th**

**All fall classes and registration for those classes will be held online using Zoom technology.** A virtual open house will be held on Zoom on **August 13th**. This is your opportunity to learn more about each class and “meet” the class instructors and ask them questions.



Oh No!  
I've never  
Zoomed!

The invite to connect with the Zoom presentation will be on the OLLI website ([olli@iastate.edu](mailto:olli@iastate.edu)) and also available on the GH daily slides about a week before the presentation. You can Zoom the meeting in the comfort of your own home using your computer, iPad, or smart phone (yes, all 3 of these options will enable you to participate in Zoom events).

**However, if you want to view this Zoom session on a larger screen, GH will be Zooming the presentation in the Community Room.** There will be limited space due to continuing virus restrictions. More information and a sign-up for the group Zoom experience will be provided to GH residents on or about August 5th.

**Class registration begins at 8:30 on August 14th.** Because the classes are presented in an online format, there are not class size restrictions due to room size (there are a few class exceptions due to the nature of the topic or the instructor's request). Registrations can be completed online or by mail. Confirmations of classes requested will be emailed or mailed to you by OLLI staff.

OLLI members who had previously requested **Fall Course catalogs** will receive them in the mail and **there will be some available for viewing in the GH library**. All forms and information on the registration process (as well as class information) are in the catalog.



Will someone  
help me  
register?

**GH will be set up in the Hickory Room on August 14th to assist residents with online registration** (credit cards need to be used for online registration). More information and sign-up times will be available on or about August 5th.



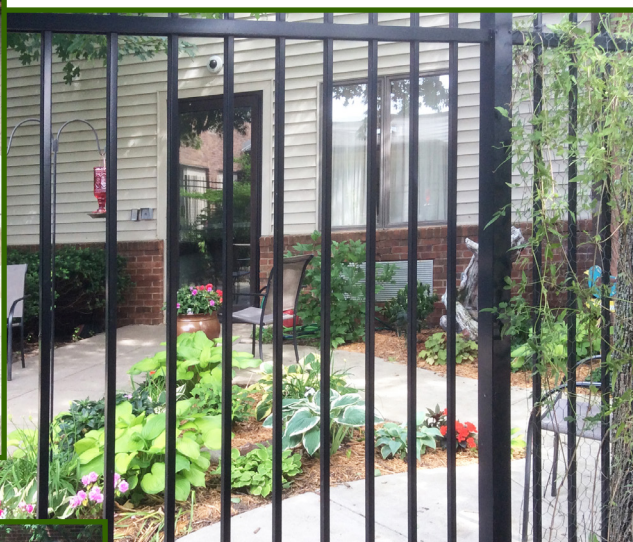
Great!  
I'm ready for  
an OLLI class!

Join with other OLLI members on August 13th online in your own home or in the GH Community Room to learn more about the fall classes. Then sign up for one or more of those great classes on the 14th.

## Sensory Garden Photos by Ellie Mathews

**N.B.** The most satisfying way to see these photos is in color, in the **PDF Chimes** sent to you as an e-mail attachment from Stacie (Leisure Services).

**For Sensory Garden newbies:** Go out to parking lot B (North West side of the Oaks/Maples), look to your left for a large red patio umbrella across the parking lot behind a gate. You can unlatch the gate easily, reaching through with your hand. Be sure to close the gate after you enter the garden, and again when you leave.



## Our Own Alice Thompson Honored: The Ames Community Arts Council Lifetime Achievement Award



Our congratulations to Alice Thompson, recognized as a life-long promoter of the Arts, specifically in Ames. We know Alice in her appearances in the Ames Senior Variety Show over the years, and here at Green Hills in her performances with the Green Hills Chorus and in solo video offerings with her ukelele offered to us during our pandemic seclusion. You can read more about Alice and her award on the Ames Community Arts Council website.

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### Ed's Cartoon Corner



Resident realized he needed to  
have his eyes checked  
when he tried to change channels  
with a fudge bar from Le Bistro.

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