



The Green Hills Chimes

MAY 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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Allen Trenkle: GHRA President's Message

The past several weeks adapting to a global pandemic has been difficult for all of us as we adjust to a life none of us anticipated we would ever have to experience. Our nation is fundamentally committed to individual freedom to move about when and where we desire. Now with personal isolation and social distancing most of us are having to admit, at least to ourselves, that we took most of that freedom for granted.

Not knowing how long this isolation might last, if there will be an infection at Green Hills or how our bodies might respond to an infection adds to our anxieties. Rather than letting worry and fear creep into our lives, we need to pause and appreciate what we have and what is being done for us.

We are fortunate to be living at Green Hills and having a leadership team that worked to achieve and maintain a Five-Star rating for the Health Care Center. This provided an excellent foundation to start preventive measures in a timely manner to keep COVID-19 infection out of our community. The leadership team maintains contact with several health agencies for input and remains committed to our welfare while handling additional responsibilities and altered work schedules.

In addition, staff is providing numerous activities to replace many of the cancelled events which help us remain physically and socially active. Our individual possible exposure to the virus has been reduced by reassigning employee responsibilities to assist with some of our needs.

Without being ashamed, it seems appropriate for each of us to learn how to practice self-love, not narcissism or an inflated ego, but being kind and gentle with ourselves, feeling happy in our own company and making quality time for ourselves. A quotation from Diana, Princess of Wales, seems appropriate: "Everyone of us needs to show how much we care for each other and, in the process, care for ourselves".

Heartfelt thanks welcomed the staff when they arrived for work:
“Thanks for your dedicated work helping us stay safe and healthy during this difficult time”
from the GH residents.



The Green Hills Chimes

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The Friendship Committee

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

Delivery Assignments for **May 2020:**

Apts: Donna Bond cell-451-6477

Town Homes: Joyce Mercier x5147

Residents Chime In

Staying in Place
by Diane Neal

Slowly now I sink
into the sadness;
not much
seems to matter
anymore.

Sunny days
don't draw me out
to the
life-giving air.

Food is just a pastime;
tasteless,
uninteresting.
Sleep becomes escape
and not really rest.

I long so for the ending;
for companionship
and laughter.
For the friendship
and the sharing.

Please Lord,
let it come soon;
and then
my life will
commence again.



A letter from John Tait,
Hamilton Court, Apt. 28

Dear Residents,

Late spring and summer coming are just around the corner at Green Hills. Given our concerns about coronavirus and hopefully its ending soon, it is now time for all of us to think of better days to come.

Some activities we can do are walking outside or having a friend push you in your wheelchair on the trails around Green Hills. Maybe the GH leadership team will plan some good outside activities. I remember an unusual activity we had a couple of years ago when the goats came to spend a few days eating the weeds in the Green Hills Park area. A lot of people got out to see them, many in wheelchairs. It was a lot of fun.

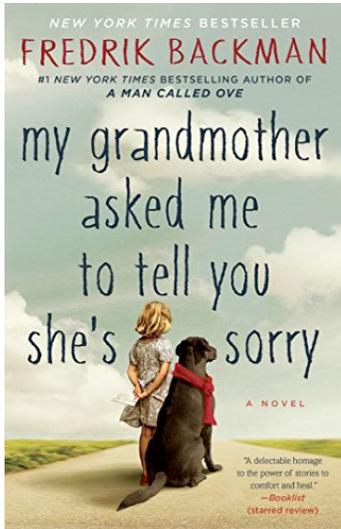
We all look forward to the return of the many activities such as educational programs, exercise groups, the movies, and other events that make life so very good for us.

Look forward to your family and friends to enjoy the rest of 2020 when the regulations regarding visitors is lifted.

—John Tait

65th wedding anniversary May 21:
Vince and Jean Hassebrock

Book Review: My Grandmother Asked Me To Tell You She's Sorry by Fredrick Backman



This story is about the relationship between an “eccentric” grandmother and her “different” granddaughter, Elsa. Elsa is different because she is quite advanced for her seven years of age, bullied at school by classmates and misunderstood by her teachers, and has only Granny for a friend. Elsa lives with her Mum who is pregnant and her Mum’s boyfriend. Granny lives across the hall from Elsa and her Mum. To comfort her granddaughter when she is troubled, Granny creates a mythical land for Elsa where everybody is different and they do not need to be “normal.” Elsa does not know that her Granny has terminal cancer and only learns of it when Granny goes to the hospital. At the hospital, the night before she dies, Granny gives Elsa a letter that she asks her to deliver and tells her that this will lead her on a treasure hunt and a wondrous adventure. Through this mission that Granny has sent her on, Elsa learns that the characters in her fantasy land are actually the people living in her own apartment building and that these people are not scary as she feared but friendly and also “different,” and sometimes very needy. Each recipient of a letter has another letter for her to deliver. The treasure hunt teaches Elsa and the recipients of the letters that it is ok to be different and helps all of the tenants learn a great deal about relationships with one another and helps Elsa believe that her mother’s pregnancy will not replace her but will give her another family member to love.

—Joyce Mercier

Ames Library Update

The Ames Public Library continues to be closed. All due dates and fines are suspended so you can keep any Library items you’ve borrowed until the library reopens. APL staff is available to answer questions by e-mail www.amespubliclibrary.org/contact-us, or by phone (515)239-5646. The APL continues to offer streaming and downloadables to patrons. Check the website: www.amespubliclibrary.org.

Green Hills' Mask Makers

Illustrations shared by Janet Wahl

How NOT to Wear a Mask

One of the biggest mistakes people make is that they fidget with their masks, and pull them under their noses or completely off their faces to rest under their chins. "You should absolutely not be pulling up and putting down your mask while you're out," said Shan Soe-Lin, a lecturer at the Yale Jackson Institute for Global Affairs. "If you're going to go to the trouble of using a mask, leave it on." Here are the dos and don'ts of wearing a mask.

✗ DON'T: Wear the mask below your nose.



✗ DON'T: Leave your chin exposed.



✗ DON'T: Wear your mask loosely with gaps on the sides.



✗ DON'T: Wear your mask so it covers just the tip of your nose.



✗ DON'T: Push your mask under your chin to rest on your neck.



How to Wear a Mask

✓ DO: Wear your mask so it comes

- ✓ all the way up, close to the bridge of your nose,
- ✓ and all the way down under your chin.
- ✓ Do your best to tighten the loops or ties so it's snug around your face, without gaps.



And once you've figured out the correct position for wearing your mask, follow these tips to stay safe:

1. **Always wash your hands before and after wearing a mask.**
2. **Use the ties or loops to put your mask on and pull it off.**
3. **Don't touch the front of the mask when you take it off.**
4. **For apartment dwellers, put the mask on and remove it while *inside your home*. Elevators and stairwells can be high-contamination areas.**
5. **Wash and dry your cloth mask daily and keep it in a clean, dry place.**

Don't have a false sense of security.

Masks offer limited protection, and work better when combined with hand washing and social distancing.

Janet Wahl is making masks for GH residents, for a local food bank, and for staff in Assisted Living and others. She offers her masks for free, but appreciates any donation for her supplies.

She especially needs elastic! Look through your sewing supplies to see if you have any to spare.

Janet's phone is x5248.

Also making masks:

Ann Meierkord, \$1 each, x5223. Her masks have a pouch for a replaceable filter paper (coffee filter, paper towel, etc).

Sonya Colvin, Maples 1103, has a tub of her double-sided masks sitting on her hall door shelf. The masks are free, but please take only what you need. If you try on a mask, it becomes yours, i.e., do not put it back in the box.

Residents Chime In: How Does Your Garden Grow?

Who is planting what in the GH raised gardens this spring:

Gardeners' Answers:

Vegetables:

Onions
Green Onions
Tomatoes
Cherry Tomatoes
Basil
Lettuce
Kale
Radishes
Peas
Carrots
Beets
Green Peppers
Brussel Sprouts

Flowers:

Zinnias
Sunflowers
Marigolds
Petunias
Lantana

We are planting “cold weather” crops in our garden because it is ready early. We have a larger garden elsewhere in which we’ll plant corn, butternut squash, cucumbers, tomatoes, etc. —
Bev & Ken Kruempel

The Bests are eager to see if we can replicate our success raising Brussel sprouts. In all modesty, we believe our crop last year was a real award winner. Our tomatoes on the other hand were not a source of pride. But we’re not giving up. The plan is to make sure the plants are fertilized properly, something we didn’t do last year. We’re planning on lots of sun-ripened red fruit! For further color, we’ll put in a few marigolds and maybe a petunia or two. In the room that is left, we look forward to delicious leaf lettuce, green onions, radishes, beets, carrots, green beans, and peas. —
Linda & Herb Best

We plan to have some zinnias (for the butterflies and passers-by), six tomato plants, and three tall sunflowers spotted along the middle of the bed. These often approach 12 ft high, and the goldfinches love them. Their stalks also help with keeping the tomato plants upright, and don’t shade the tomatoes too much because we trim the lower leaves. —
Katie & Pete Pattee

I have already planted onion sets thanks to Bruce for doing a group order. My garden will have a variety of plants and hoping to have green beans to freeze again. Can’t wait for the weather to get to spring when plants will grow! —
Ann McMullin

I learned to garden helping my mother who had a large garden to produce vegetable for seasonal consumption but more importantly for canning a food supply for winter. I started gardening at Green Hills before the boxes were available and looked forward to learning to garden in the boxes. I enjoy trying to optimize the relationship between the soil and plants in the boxes. I plant lettuce, kale, radishes, peas, beans, carrots, beets, onions, green peppers and tomatoes. It’s not always successful, but I do try planting a second crop of radishes and lettuce to extend the time of production. Beans and peas are frozen and carrots and onions stored for nonseasonal consumption. Excess production is shared with family and Green Hills residents. —
Allen Trenkle

How Does Your Garden Grow? *Continued from previous page*

Being new to the Green Hills garden plots, we will keep it simple this year. We will pretty much stick to our usual variety of tomato plants (including some cherry tomatoes). Every year, we make pesto with our grandson and freeze it for the winter. We always need to have several very healthy basil plants for this project. That will just about take up all our space. —**Suzy Shierholz**



Don's doing tomatoes for BLTs and my half is zinnias, lantana (my favorite) and whatever other blooms I can squeeze in my space!
—**LoAnne Worth & Don Schmelzer**

❖ Social Distancing requirements:
Only 4 residents at a time in the garden ❖

It's hard to think positively about spring and gardens when the snow keeps appearing every day in April. However, this too shall pass. One week in April when it was warm, many of the Green Hills gardeners seemed to emerge, just itching to get their fingers, hands, maybe even toes into the soil. Many of those people walked past our front-yard garden bed.

Who ever knew that one could even have a front-yard garden here at Green Hills? When we bought our townhouse here, we envisioned putting out a few pots on our south-facing patio, and being done with a big flower garden. That only lasted one year.

The next year we drew up detailed plans for a raised bed garden and sought the approval of the Grounds Committee, then watched that committee troop by our place with worried looks. But they approved it, and a crew that we hired came in and began digging (including getting rid of a big stump that had been hiding!)

Now we have essentially a 10 by 15-foot raised bed garden bounded by landscape bricks with a keyhole in the middle. The beds are filled mostly with about 18 varieties of perennials, but supplemented with annuals to insure that we have color from last to first frost. Oh, and those few pots that we envisioned? They have multiplied over the years to nearly 20, and we have added a water feature that makes burbling sounds.

The point of telling you all of this is that anyone is welcome to stop by, as there are two chairs, a table, and a bench—and sometimes the green umbrella might even be up to provide some shade. Enjoying plants and green space can have a bonus, especially in these troubled times. We're at 2412 Hamilton, just a stroll away from wherever you are. —**Bruce and Barbara Munson**

Sensory Garden Alert!!!

If you are wondering what is happening with the Sensory Garden, it too has been stressed by COVID-19! Access has been limited to the outside gate which unfortunately is broken (a new gate is on order) so there is no entry to the Sensory Garden at this time. If you would like to volunteer to help in this garden when it becomes available for cleanup and planting, please call Nancy Hall (ext. 5061). She will let volunteers know when the garden will be able to be opened for work and TLC.

From the Yes2HealthyLife Committee:

Since we have restricted access to sports and watching sports, we have time to learn more about the history of sports we enjoy. Facts obtained are from the Encyclopedia Britannica.

The History of Baseball: America's Game?

Contrary to opinion that baseball was invented by Abner Doubleday at Cooperstown, NY in 1839, the term base-ball can be dated to 1744 in John Newbery's children's book *A Little Pretty Pocket-Book*, a popular book in England. In 1749 British newspapers refer to the Prince of Wales playing "Base-Ball" in Surrey, England. *The Boy's Own Book* (1828), a book on English sports played by boys, included a chapter on the game of rounders played on a diamond-shaped infield with a base at each corner. The batter hit a pitched ball.

In 1845 Alexander Cartwright organized the NY Knickerbocker Base Ball Club, which formulated a set of rules for baseball, many of which still remain.

This evening (April 21) we received news that our dear close friend, Ruth David, passed away from COVID-19. She lived here in Ames for many years, including her residency at Green Hills with her former husband, Herb David. After their separation, Ruth moved back to England to be closer to her son and daughter.

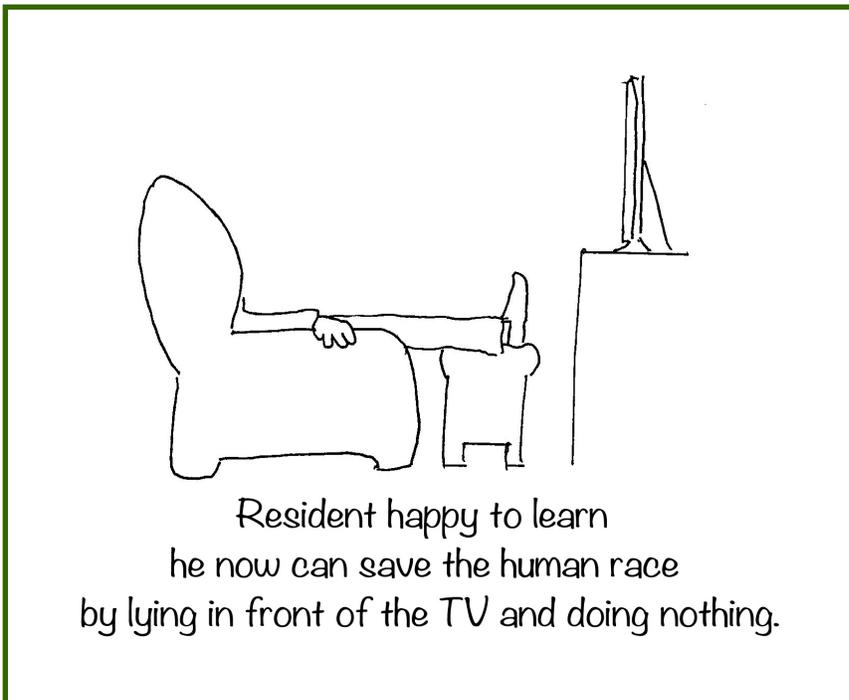
Ruth was a member of the Kindertransport and published several books on her family's Holocaust experience. She shared her experiences with audiences at Green Hills and also Holocaust classes on the ISU campus.

Her son's story about her is on-line at

<https://www.theguardian.com/lifeandstyle/2018/nov/24/woman-saved-jewish-family-history-housekeeper>

From David & Hanna Gradwohl

Ed's
Cartoon Corner
expanded to bring
us more to smile
about this month.



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*Idea & concept
suggested by Sonya Colvin*

