



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

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

The Lindens

2355 Hamilton Circle

Assisted Living Office	357-5009
Assisted Living Fax	357-5043
Assisted Living Staff Phone	268-5290

Reception Email: ghoffice@greenhillsrc.com

Emergency Services 911

International Calling Code: 2200#

January 2022 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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*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 Community

Board, Advisory Council, and Committees

July 1, 2021 – June 30, 2022

GHRA Board Members (Elected by residents)

Term Expires June 30, 2022	Term Expires June 30, 2023	Term Expires June 30, 2024
Carol Volker, <i>Secretary</i> Clete Mercier Alan Atherly, <i>Vice-President</i>	Dan Krieger* Warren Madden, <i>Treasurer</i> Joan Mathews†	Pamela Cain* Suzy Shierholz Jerry Hall, <i>President</i>

*Non-resident Board member †Second term ‡Replacement

GHHCC Board Members (Appointed by the GHRA Board)

Term Expires June 30, 2022	Term Expires June 30, 2023	Term Expires June 30, 2024
Hanna Gradwohl‡, <i>Secretary</i>	Pamela White* Peggy Cutlip†, <i>Vice-President</i> Chuck Jons	Clarence Cory, <i>President</i> Jon Fleming* Ellie Mathews, <i>Treasurer</i>

*Non-resident Board member †Second term

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

Term Expires	June 30, 2022	June 30, 2023	June 30, 2024
Audit (S)	Allen Trenkle Clete Mercier	John Essig Jerry Hall, <i>Chair</i> Paul Rietz	Roger Beckett† Etha Hutchcroft Joe Ludley
Finance (S)	Paul Brackelsberg Clarence Cory Bill Whitman† Keith Whigham Warren Madden, <i>Chair</i>	Paul Rietz† Jerry Hall† Ken Kruempel John Essig Herb Harmison	Joan Mathews† Elizabeth Angelici† Clete Mercier† Joe Ludley Peggy Cutlip
Investment (S)	Keith Whigham Kelly Tobin Alan Atherly, <i>Chair</i> Cliff Smith	Paul Brackelsberg Warren Madden Jerry Hall Joe Ludley	Mike Wahlin*
CQI (S - GHHCC)	Hanna Gradwohl Joyce Mercier LoAnne Worth	Chuck Jons Ellie Mathews, <i>Chair</i> Peggy Cutlip	Joan Mathews Clarence Cory
Executive Committee	Carol Volker Alan Atherly	Warren Madden	Jerry Hall Clarence Cory

*Non-resident volunteer

Master Planning (A): Peggy Cutlip, Paul Rietz, Allen Trenkle, and Suzan Shierholz

Strategic Planning Committee (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, Herb Harmison, and Suzy Shierholz

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

Capital Planning (Finance sub-committee): Paul Rietz (chair), Bill Whitman, Jerry Hall, William Fales, Ann McMullin and LoAnne Worth

Advisory Council Members (Elected by residents)

Term Expires June 30, 2022	Term Expires June 30, 2023	Term Expires June 30, 2024
Herb Harmison Ann Hein, <i>Chair</i> Ruth G. Larson Kelly Tobin Norma Speer	Joe Ludley Beverly Kruempel Larry Mitchell Rae Reilly Maureen Wilt, <i>Vice-chair</i>	Arlene Boyington Paul Brackelsberg Carolyn Jons Katie Pattee Cliff Smith

Advisory Council Standing Committees

Term Ends June 30,	2022	2023	2024
Continuing Education	Herb Harmison Kelly Tobin Alice Thompson Susan Fales	Bev Kruempel Jan Stephenson Maureen Wilt Norma Speer, <i>chair</i>	Paula Toms Jerry Hall Phyllis Seim Roger Bruene
Dining Services	Betty Kinzler Alan Atherly	Myrna Whigham John Essig Anne Durland Jean Griffen Carol Grant Bev Kruempel, <i>Chair</i> Fran Berger Linda Peters	Anita Dyer Joyce Mercier John Greve Ardeth Rietz Jan Clark Irene Tobin
Friendship	Carole Magilton Anne Durland, <i>co-chair</i> Anita Dyer Betty Kinzler Paula Toms, <i>co-chair</i>	Fran Berger Hanna Gradwohl Joyce Mercier Jan Essig	Carolyn Jons Maureen Wilt Shala Ludley LoAnne Worth Arlene Boyington
Garden	Ken Kruempel Carole Magilton	Paul Clayton Hanna Gradwohl Pete Pattee Maureen Wilt Fran Berger Sonya Colvin William Fales, <i>chair</i>	Bev Madden
Green Team	Erv Klaas Ann Hein Linda Peters	Donita McCoy Shirley Riney	Ann McMullin Larry Mitchell, <i>Chair</i> Jan Essig Janet Stephenson

Term Ends June 30,	2022	2023	2024
Grounds	Don Dyer Paul Brackelsberg Jan Clark Katie Pattee	Carole Magilton Paul Rietz Suzy Shierholz, <i>Chair</i>	Anita Dyer Etha Hutchcroft Ann McMullin Clete Mercier, <i>Vice-chair</i> Bruce Munson
Library	Ruth G. Larson Phyllis Seim, <i>Secretary</i> Pat M. Thompson	Joyce Mercier, <i>Chair</i> Anita Dyer LoAnne Worth	Anne Almquist, <i>Vice-Chair</i> Toni Whitman Carol Wright Ardeth Rietz
Memorial	Vince Hassebrock Nancy Martin, <i>co-chair</i> Janet Shoenhair	Jan Clark Roger Beckett, <i>co-chair</i> Kenneth Hook	Charles Kniker Carol Pletcher Carolyn Walkup
Social			Norma Speer Carolyn Walkup Paula Toms Peggy Cutlip
Technology	Alan Atherly Art Klein Dick Horton Joe Ludley	Cliff Smith Herb Harmison, <i>Chair</i> LoAnne Worth John Essig Suzy Shierholz	Bob Angelici Jerry Hall David Stephenson Clete Mercier Kelly Tobin
Yes2HealthyLife	Alan Atherly Linda Peters, <i>Co-chair</i> Jan Clark Paul Rietz	Maureen Wilt Paul Clayton Paul Brackelsberg LaRue Clark	Susan Fales, <i>Co-chair</i> Roger Beckett Shala Ludley Joyce Mercier

Special Committees

Employee Appreciation: Carol Wright, Clifford Smith, Carolyn Jons, Rae Reilly (Chair), and John Greve

Special Responsibilities (Volunteer)

Art Gallery: Barbara Bruene, Don Dyer, Molly Ethridge, David Gradwohl, Carol Grant, Art Klein, Shala Ludley, Rae Reilly (chair)

Chorus: Dick McCoy

Club 2200: Jean Griffen, Nancy Martin, Clete Mercier, Ruth G. Larson, Anne Almquist, Carole Magilton, Etha Hutchcroft, Ann McMullin (co-chair), Ralph Yoder (co-chair), Trudy Yoder (co-chair), Carol Wright and Frank Clark

History: Katie Pattee, Paul Rietz, Carolyn Jons, Alice Thompson, and Ellie Mathews

Newsletter (Chimes): Molly Ethridge (chair), Carol Grant, Phyllis Seim, Barbara Munson and Jerry Hall

Photo Directory: Carolyn Jons (chair), Herb Harmison, Suzy Shierholz, Katie Pattee, Ann Hein, and Paul Rietz

Woodshop: David Stephenson (chair), Craig Beer, John Dobson, Bruce Munson, Larry Mitchell, Frank Clark, Roger Beckett, Don Dyer 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

Monthly 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 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*

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 daily 11:30 AM to 6:30 PM for takeout and dine-in. The dining room is open for service 11:30 AM – 1:30 PM and 4:30 PM – 6:30 PM Monday – Saturday. Sunday is closed at 2:00 PM. 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.

GH Café is open 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.

Chefs Breakfast is open every Thursday morning 8:00 – 10:00 AM 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 Sunday 10:00 AM – 1:00 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 Jesse S., Executive Assistant (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)

Ames Cyclone Taxi

515-232-1343

Lyft

Lyft is a ridesharing service that provides on demand service like a taxi. Lyft has a Concierge platform that allows Green Hills staff to dispatch rides for residents. Green Hills will continue to pay for trips using Lyft that are medical related. Residents will be billed the cost of the non-medical ride plus \$1.00. No Smartphone required. Phones that can text are a plus. Call the Reception Desk at (5000) to set up a ride.

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 6101

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

Wood Shop

Phone 6106

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 Brett H., Wellness Coordinator, 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 Brett H., Wellness Coordinator 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

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

City of Ames – www.cityofAmes.org

GCF LearnFree.org – www.gcflearnfree.org

Heartland Senior Services – www.heartlandseniorservices.com

Iowa State University – www.iastate.edu

Iowa State University Alumni Association – www.isualum.org

Iowa State University Retirees Association –
www.isualum.org/network-and-connect/retirees/

Iowa State University Extension – www.extension.iastate.edu

Iowa State University Foundation – www.foundation.iastate.edu

Mary Greeley Medical Center – www.mgmc.org

McFarland Clinic PC – www.mcfarlandclinic.com

Social Security Administration – www.ssa.gov

SHIP-Senior Health Insurance Information Program – 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
Steve Lochray
stevel@greenhillsrc.com
357-5038



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

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

Katie Schmidt, R.N.

katies@greenhillsrc.com

357-5021



Assisted Living and Home Health
Supervisor

Lauren Pearson, R.N.

lauren@greenhillsrc.com

357-5009

Additional Staff Phone Numbers

AP/Receptionist, Vanessa S.	357-5000	<i>ghoffice@greenhillsrc.com</i>
AR/Billing, Diane C.	357-5023	<i>dianeh@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, Jesse S.	357-5010	<i>jesses@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 Coordinator, John H.	357-5037	<i>johnh@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	6100	
Life Enrichment Coordinator, Maggie M.	357-5022	<i>maggiem@greenhillsrc.com</i>
Life Enrichment Supervisor, Stacie S.	357-5006	<i>stacies@greenhillsrc.com</i>
Maintenance Office	6105	
Marketing Coordinator, Bailey U.	357-5090	<i>bupton@greenhillsrc.com</i>
Medical Records/Receptionist, Karen E.	357-5029	
Montgomery Clinic (HC)	357-5017	
Maintenance Supervisor, Mike M.	357-5048	<i>mikem@greenhillsrc.com</i>
Social Services, Tina B.	357-5020	<i>tinab@greenhillsrc.com</i>
Wellness Coordinator, Brett H.	357-5044	<i>bretth@greenhillsrc.com</i>

Phone Room Numbers

(unmonitored phones)

Arts & Crafts	6101
First National Bank/SHIP Office	5034
Fitness Room	6207
Salon in the Hills by Anita H.	9-(515) 432-2788 or 515-357-5074
Main Lobby Courtesy Phone	5019
Pool	6205
Wood shop	6106

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 51 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

HD* are almost all High-Definition channels duplicating the HD 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	

Mediacom Channels

HD* are almost all High-Definition channels duplicating the HD channels

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:

[illegible]

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

