



The Green Hills Chimes

OCTOBER 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. Inside this issue:

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GHRA President's Message



Prairie or Patch of Weeds? Technically, neither adequately defines this area of our campus.

By definition, a prairie is a large open area of grassland that evolved over thousands of years after many disturbances by fires, droughts and short periods of mob grazing by large herds of roaming bison.

A weed is a plant considered to be undesirable in a particular situation or a plant in the wrong place. Ralph Waldo Emerson said a weed is a plant whose virtue has not been discovered. Several plants among the many in our "natural area" are on lists of primary and secondary noxious weeds in Iowa: one plant is the state flower for a neighboring state, propagation of another is encouraged to provide food for Monarch caterpillars, and many of the plants provide habitat for other forms of life that can't be seen or we don't take the time to observe.

Many of us agree that some open space should be maintained on the Green Hills campus for enjoyment by residents and visitors. Some find comfort in well maintained lawns of green grass and are content to view the area from the sidewalk or street. Others prefer to enter the space and interact with the diversity of nature that can be found in a natural area. Two years ago, many enjoyed watching the goats that were brought in to graze down the area.

We have neighbors who are also maintaining open spaces: Gateway Hotel and Conference Center donated 7.5 acres surrounding the hotel to Iowa Natural Heritage Foundation, creating Gateway Green
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Hills Park which has open lawns and two wetlands, and Iowa State University Foundation maintains open areas with lawns and two small natural areas.

In developing a plan for future use of our open spaces, we should broaden our focus to the Green Hills neighborhood. We have an opportunity to add to the variety of open spaces in the neighborhood and enhance Green Hills as a premier senior living community.



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 **October 2020**:

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The Green Hills Chimes

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Submissions Deadline:

15th of each month



Sticks sign image courtesy of Carol Grant

The General Election 2020 is on November 3

To learn if your absentee ballot request form has been received by the Story County Auditor, go to sos.iowa.gov and click on elections/absentee ballot status.

More information is at
storycountyiowa.gov/elections

If you have requested one, **absentee ballots** will begin being mailed on October 5. To cast your vote by mail, your ballot **must be postmarked by November 2, and received back in the Story County Auditor's office by November 9.**

Options for returning your absentee ballot are listed on the Secretary of State's website.

If you opt **to vote in person** on election day, watch for directives from Green Hills re: bus trips to the polling place on Nov. 3. There will be a bus book sign-up page for transportation.

The November 3 polling place is NOT at Green Hills. It will be at the Research Park, Bldg. #2, North Loop Dr., off of Airport Road.



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

AUTHOR	TITLE	CATEGORY
Angell, Roger	<i>This Old Man: All in Pieces</i>	Reference
deWaal, Edmund	<i>The Hare with Amber Eyes: A Family's Century of Art and Loss</i>	Art

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AUTHOR	TITLE	CATEGORY
Foley, Lucy	<i>The Guest List: A Novel</i>	Fiction
Grippando, James	<i>When Darkness Falls</i>	Fiction
Harris, Kamala	<i>The Truths We Hold: An American Journey</i>	Biography
Hellenga, Robert	<i>The Confessions of Frances Godwin: A Novel</i>	Fiction
Hilderbrand, Elin	<i>28 Summers: A Novel</i>	Fiction
Johansen, Iris	<i>Quicksand: An Eve Duncan Forensics Thriller</i>	Fiction
Krueger, William Kent	<i>This Tender Land: A Novel</i>	Fiction
Mackesy, Charlie	<i>The Boy, the Mole, the Fox, and the Horse</i>	Fiction
Meacham, Jon	<i>His Truth Is Marching On: John Lewis and the Power of Hope</i>	Biography
Napolitano, Ann	<i>Dear Edward: A Novel</i>	Fiction
Penny, Louise	<i>A Better Man: A Novel</i>	Fiction
Philbrick, Nathaniel	<i>Mayflower: A Story of Courage, Community, and War</i>	History

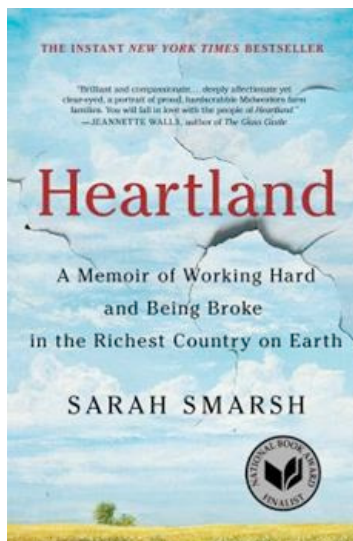
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AUTHOR	TITLE	CATEGORY
Pucci, Idanna	<i>The Lady of Sing Sing: An American Countess, an Italian Immigrant, and Their Epic Battle for Justice in New York's Gilded Age</i>	History
Robards, Karen	<i>The Black Swan of Paris: A Novel</i>	Fiction
Rutenberg, Amy J.	<i>Rough Draft: Cold War Military Manpower Policy and the Origins of the Vietnam-Era Draft Resistance</i>	History
Sandford, John	<i>Wicked Prey</i>	Fiction
Saunders, George	<i>Lincoln in the Bardo: A Novel</i>	Fiction
Scottoline, Lisa	<i>Look Again</i>	Fiction
Silva, Daniel	<i>The Order</i>	Fiction
Strout, Elizabeth	<i>My Name Is Lucy Barton</i>	Fiction—paper
Ware, Ruth	<i>The Turn of the Key: A Novel</i>	Fiction
Wilkerson, Isabel	<i>Caste: The Origins of Our Discontents</i>	History

BOOK REVIEW

Heartland A Memoir of Working Hard and Being Broke in the Richest Country on Earth

by Sarah Smarsh



The title indicates this is a memoir of Sarah Smarsh's life. It is that but it also is a tale of how public policy hurts, as well as helps, those it is designed to help. As a retired social worker, I read the book through those eyes and focused on the effects public policy has on the poor. During the Green Hills book discussion group in August, others focused on Smarsh's family life which saw divorce, frequent moves, and mental illness, and other issues disruptive to family life.

Smarsh's mother gave birth at 16 as did her mother and her grandmother. Smarsh writes the memoir to her imaginary daughter as Smarsh decides at an early age to break the cycle of her family having a child while in their middle teens.

The "heartland" is Kansas west of Wichita near the Cheney Reservoir, where some of her father's land was taken for the reservoir. Her step-grandfather with whom she lived during her teen years was a wheat farmer on 160 acres.

She describes her father taking her and her younger brother to school in a beat-up old car and feeling ashamed of it. She writes, "But the source of the shame I felt was not my own sin. It was our national disdain for anyone in financial need, which is spelled out in the laws of this country."

Many of us read a memoir with thoughts of our own experiences. Since Smarsh was born about 1980, just at the start of the Reagan era, I had to keep pulling myself back to life 40 years ago at the start of the 1980's farm crisis, not what I had experienced 60-70 years ago.

Today Smarsh is a journalist and public speaker living in Topeka. Some of you might have seen her on the Newshour on PBS. She writes and speaks on socio-economic issues.

The Green Hills library has "Heartland". It can appeal to readers interested in families as well as those interested in public policy. If you don't like to read a whole book, the last chapter, "The Place I Was From," sums up her life and beliefs.

—Joan Mathews

Remembering Bob Kern

A Collection of Memories Compiled by Charles Kniker



Why live at Green Hills?

Bob and Verna Kern gave their rationale often. During Verna's mother's last years, when she was blind and homebound, Verna had to make frequent trips to northern Illinois to care for her. Often she drove alone because Bob was traveling, working abroad. Their pledge, "Let's never make our children go through this." They were among the first who signed up when plans to build Green Hills were announced. Bob affirmed their wise decision in his history of the 30th anniversary of Green Hills. One supporting reason, he told friends, was the excellent care Verna received prior to her death in 2014. Ironically, on a memorable day in July 1986, Verna, an ISU adviser in Physical Education, moved into their townhouse at 2428 Hamilton Drive alone. Bob was in Western Samoa, not to return until September. They lived there for 25 years. From the beginning, this pair of charter members became deeply involved in Green Hills' activities. No surprise, Bob helped with the first in-house Green Hills News (printed on green paper) and wrote for its two later versions. He was to become better known for interviewing and taking photos of new residents for the Pictorial Directory. When he retired from that task around 2008 – my wife and I were among his last interviewees – he estimated his total number of pictures and pleasing profiles was about 400.

Verna and Bob were deeply committed to Club 2200, which Bob claims he named! He was Marvin Anderson's relief bartender.

For the monthly potlucks, Verna was known for bringing small wieners or ham balls cocooned in bacon strips held in place by toothpicks. After Verna died, Bob continued to bring the dish. When she was a new resident, Ann McMullin recalls Bob's advice that she should attend these monthly events. He added that food for her

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would always be available. “Don’t worry about bringing food,” he added, “Enough will always be available: it’s like 60 grandmothers’ favorite recipes!”

Speaking of food, Eilene Hovick shared that Bob, a light eater, would save his food limit each month to invite four widows to eat with him. His meal was usually soup; the widows had a full meal. And Bob always dressed up for the meal! He may have kidded about his Scottish penchant for saving “meal money.” Regarding this attire, Eric Abbott remembered that Bob was proud about his workmanship and creativity in sewing and mending his own clothes.

Thursday mornings Men’s Coffee was a requirement for Bob. While not a political activist, he made quiet observations about the state of the state and union. He frequently contributed examples of “having been there,” when global events were front and center. His immense enjoyment of this hour, which included many ISU tales, may well have been because, as friends Don and Mary Ellen Wishart report, Green Hills gave him the opportunity to see long-time colleagues in a new light. Make no mistake, however, he never wanted to talk about athletics.



Surprisingly, perhaps, he and Verna, a high school state tennis star in Illinois, played doubles tennis well into retirement. Six days a week, they rose early (5:00 a.m.) for daily jogs (3.5 miles) and fitness training. Prior to the new Wellness Center, they joined a MWF exercise class in the Main Dining Room. In later years, he rose early to use the treadmill, then drink coffee, sit in the lobby, and talk with others.

Behind the scenes in the early years, Bob and Verna were on the first Library Committee. Bob painted small white signs that became labels for new plants throughout the campus. Another committee he was proud to have served on was the Continuing Education Committee. A few years ago, Bob conducted a survey of residents regarding their interests and participation. The two highest scores were Continuing Education and Club 2200.

Bob donated much time to reviewing reports and “polishing” them, according to former Executive Director Rod Copple. Rod appreciated Bob’s leadership and advice on quarterly financial meetings and on the expansion projects. Bob was an early supporter of technology, enabling us to have internet services years before most in this industry.

Our current Executive Director, Kat Kilbane, noted how Bob was involved in all stages of Green Hills’ development. His passion for that is obvious in the histories he

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left for us. Because of his writing ability and tenure at Green Hills, he became the presenter at the last two annual Service of Remembrance events. Quite recently, our community received another benefit from Bob — Le Bistro became the official name of our new informal dining area.

In his history of Green Hills, he said he was surprised to be elected to the Green Hills Residence Association Board. One of the Board's decisions in the early 2000's was to name a new Executive Director. Concerned whether candidate Rod Copple was too much

of a “numbers cruncher” — Rod had been an accounting major in the ISU College of Business — Bob wondered if Rod would be a “people person.” Later, Bob proudly claimed that he nominated Rod for Board approval.

In the mid 2000's Bob proposed his first strategic plan; later, he chaired a Long-Range Planning Committee. When he and Verna wanted to spend more time at their Minnesota lake cabin, he resigned from the Board, and I had the privilege of beginning my first term several months early. Bob and I had several strategic planning discussions. They were building blocks to our legacy in that area.

Paul Brackelsberg said Bob was always willing to take any assignment. Ted Hutchcroft noted Bob was genuinely concerned with the well-being of others, especially those he knew in other countries. That concern was made real through his gifts of organization, analysis, and insightful writing. He enjoyed life. We, his 7th Floor Oaks neighbors, counted on his light banter as well as wassail at our Christmas parties.

When my wife died suddenly in 2008, just four years after we moved in, Bob said to me, “Green Hills is devastated.” With Bob's recent death in his 96th year, which we knew was imminent, it may not be appropriate to use the word devastated. But our lives are diminished. These described activities give you a sense of Bob's interests and commitment to Green Hills. They don't speak of his soul and his spirit, which will live on at Green Hills—along with, we hope, his recipes for those sausages and

SENSORY GARDEN NEWS

New Signage: Our Sensory Garden is now proudly displaying 2 new signs: Welcome and Sensory Garden. The committee wanted something that would identify this special garden area but would fit in with other signage on the campus. Bruce Munson assisted the committee in determining their needs. Further research on his part led to the commercial firm that produced our new signs. Come and have a look at both the signs and the garden.



In addition to weeding and watering, the Sensory Garden Committee has been reviewing the current plantings and making decisions for the next growing season. The plants in each area of the garden have been considered and this has resulted in the moving of some plants to a different place in the garden as well as the removal of the overgrown tree at the side of the garden shed. Thank you Wayne for your skills with a saw and shovel to complete that removal. New perennial plantings will join the Hosta and Sedum that are currently growing there. The committee is following the Grounds Committee plan for GH when considering what plants to use. Bulbs will be planted to brighten the start of Spring, 2021. There is still good color in the garden with the area of Zinnias in full bloom. The Sedum is also blooming with their soft pink color. Stop in to sit for a bit before the cold weather becomes a reality in Ames.



THE GAZEBO IS TAKING RESERVATIONS!



The Advisory Council took action at a recent meeting to begin a reservation process in the Gazebo for committee and social times. The Council agreed that the opportunity to reserve the gazebo was a good idea as long as setting up the reservation process did not involve any staff time. Bruce Munson was asked to look into a way to make this possible, and Maureen Wilt was asked to assist him with plans.

Bruce has now designed, built, and installed a reservation box as shown in the picture. Inside the weatherproof box (which survived last week's rain) are four sheets of paper and a pen. Each sheet is set up for a week with a column for each day of the week and rows for hours of the day from 7a.m. to 7 p.m. To reserve a time, residents simply write their name or the committee's name in the appropriate box. The first person to write in the box has reserved the gazebo for that hour. There will always be four pages in the box to cover the upcoming month so that the gazebo may be reserved well in advance.

Thanks to Bruce for making a very professional reservation box which is now installed inside the gazebo.
—Maureen Wilt

NEW KINETIC SCULPTURE INSTALLATION

Hanna and David Gradwohl have installed a sculpture near their town home property. You may have already walked by this engaging piece, “Dream Trancer,” turning in the breeze. (Fortunately, it was installed the day after the derecho!) David writes, “The piece is by artist Mark White, a sculptor based in Santa Fe, New Mexico. Hanna and I saw a number of his kinetic art pieces in the Exposures International Gallery of Fine Art in Sedona, Arizona. We worked with James Vale, Senior Fine Art Consultant with Exposures International, to purchase the piece. We’ve donated this art piece to Green Hills in memory of Hanna’s mother (Ilse Speier Rosenberg) and aunt (Eva Speier) who were former residents at Green Hills. They were both lovers of art, particularly Alexander Calder’s mobile pieces.



An MP4 video of “Dream Trancer” in motion will accompany your full-color Chimes PDF. Watch for it in your e-mail.

THE IMPORTANCE OF PROTEIN IN OUR DIET

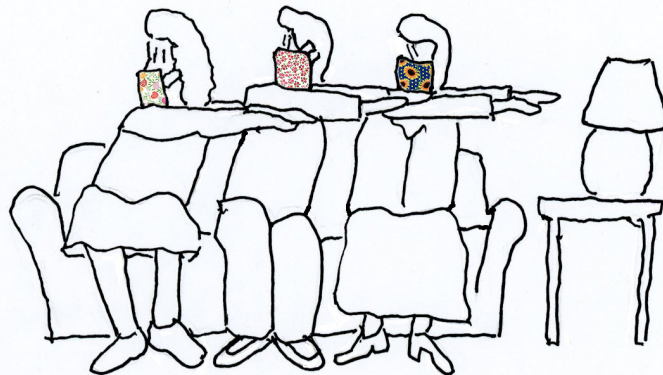
Researchers have focused attention upon the benefits of whey protein in protecting against muscle-wasting and weight gain while lowering cardiovascular risks. Known as a “super food,” Whey protein is made from the liquid part of milk that separates during cheese production. It is a high-quality protein food source containing about 80% protein. In the powdered form, it is available in many grocery and drug stores. It is increasingly recognized as a food to protect against degenerative aging and prevent muscle loss. Overweight and obese patients also found that consuming whey protein reduced body weight.

Further research studies show diets with sufficient intake of quality protein results in reduction in systolic blood pressure, reduced arterial stiffness, lowered blood pressure, glucose levels, and cholesterol, and increased muscle mass. A complete copy of this article and research references printed in the Life Extension magazine will be available on the bulletin board outside the fitness room.

From our Green Hills Food and Nutrition Services Director, Courtney Bieze: It is proven that sarcopenia is age-related muscle loss that starts after age 40. As we age, our protein requirements increase and become more important than ever. The best way for our bodies to use and absorb protein is by consuming consistent amounts through the day. An example would be a 30/30/30 plan, aimed at consuming 30 grams of protein over the course of a three-meal a day eating plan. A mere 4 oz chicken breast contains 25-30 grams. One large egg contains 6 grams and one 8 oz glass of milk has 8 grams. Other great sources of protein are many yogurts, especially Greek yogurt. Le Bistro at Green Hills currently has a Special K protein bar that contains 10 grams of protein and 180 calories. Quinoa salads are often on the Bistro menu which also pack a good protein punch. Happy eating, stay healthy!

—Courtney Bieze

Ed's Cartoon Corner



While waiting in the lobby
for their groceries to be delivered,
residents pass the time perfecting a pantomime,
“The Dance of the Three Covid Masks.”

Inspired by Sandy Engle, Sonya Colvin, & Nancy Martin