



The Green Hills Chimes

SEPTEMBER 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:

2

Derecho Neighbors
Friendship Comm.

3

Stars on View

4

New Books

5

Stand Up!

6

Book Review

7

Butterflies
& the Prairie

8

Cartoon

GHRA President's Message

2020 seemed to begin as a decent year, but by early March Green Hills Community was shut down because of a virus named SARS-CoV-2. We were asked to remain on campus, socially distance and wear masks — essentially, stay in isolation. We gradually adjusted to Zoom meetings and found creative ways to establish relationships with friends and family. Six months later as we began to open the community and resume several social activities, along came a *derecho*, a summer wind-storm that forced us back inside without electrical power.

Prior to 2020, *Coronavirus* and *derecho* were not words in our vocabulary. Fortunately, leadership and staff have a plan that has kept residents free from being infected by the virus, and damage at Green Hills from the wind storm was minimal.

After the catastrophe at a nursing home in Florida caused by the 2017 Hurricane Erma, plans were made to add a third generator at Green Hills. That installation was completed earlier this year and the three generators were used to maintain electrical power to all critical areas on our campus.

During the early phase of the pandemic, we developed our individual responses to mentally deal with the shutdown but were relieved when we could begin regaining our pre-pandemic lives. However, by the second day without electricity and failure of much of our technology, which we were depending on to cope with the influence of the pandemic, most if not all likely struggled with thoughts of sadness, anger and wondering who really cares. The quick adjustments made by leadership and staff to accommodate our needs without electricity indicate they do care about our wellbeing.

As we continue the healing process during this recovery period, it is important to remember we also need to continue caring for each other.

Green Hills memories following last Monday's derecho: Neighbors looking out for neighbors

- * The Woodview neighbor who came by after the derecho offering boxes of wooden matches so we could light our candles while the power was out!
 - * The neighbors who offered an outdoor "Happy Hour" get-together for others on Monday and Tuesday afternoons.
 - * On Tuesday morning we were grateful when a neighbor offered to prepare our Tuesday evening meal on her gas stove since our stove is electric.
 - * At various times on Tuesday, it was a pleasure observing one of our GH groundskeepers using a chainsaw assisting in the removal of branches from two large pine trees downed during the storm on the private property west of our Green Hills orchard. The family was busy hauling the downed branches to their curbside area.
- Joan Herwig

The Friendship Committee

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

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Submissions Deadline:

15th of each month

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 **September 2020:**
Apts: Donna Bond cell 451-6477
Town Homes: Paula Toms x5141

When The Lights Go Out, Look Up!



After the derecho storm, taking advantage of the power outage — viz., no city lights — Allen Trenkle went out in his town home driveway and took photos of the sky. He writes,

“The widespread electrical power outage and cloudless night on August 10 provided an infrequent opportunity for viewing a dark sky in the Ames area. This photo taken about midnight, prior to moonrise, is of the south-southeast sky above Green Hills. The bright object in lower center is Jupiter. The glow near the horizon are lights from Ankeny/Des Moines where electrical power was restored earlier in the evening. With near total darkness, the human eye can adjust to see the stars similar to what the camera captured in this photo. On a normal night with light pollution the human eye sees only the brightest stars. Night photography is a challenge without expensive equipment, but fun.”



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

AUTHOR	TITLE	CATEGORY
Anderson, Greg	<i>22 Non-Negotiable Laws of Wellness</i>	Health/Wellness
Berry, Leonard L. & Seltman, Kent D.	<i>Management Lessons from Mayo Clinic: Inside one of the world's most admired service organizations</i>	Business
Bolton, John	<i>The Room Where It Happened: A White House Memoir</i>	History
Capote, Truman	<i>In Cold Blood: An account of a multiple murder and its consequences</i>	History
Collier, Marsha	<i>eBay for Dummies</i>	Reference
Davidar, David	<i>House of Blue Mangoes</i>	Fiction
Graham, Billy	<i>Nearing Home: Life, faith and finishing well</i>	Religion
Kelly, Martha Hall	<i>Lilac Girls: A novel</i>	Fiction—large print
Lippman, Laura	<i>Lady in the Lake: A novel</i>	Fiction
McCullough, Colleen	<i>Morgan's Run</i>	Fiction

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AUTHOR	TITLE	CATEGORY
Sandford, John	<i>Golden Prey: A Prey novel</i>	Fiction
St. Clair, Kassia	<i>The Secret Lives of Color</i>	Art
Waller, Robert James	<i>The Bridges of Madison County</i>	Fiction
Wolitzer, Meg, ed.	<i>Best American Short Stories: 2017</i>	Fiction—paper
Wright, Jordan M.	<i>Campaigning for President: Memorabilia from the nation's finest private collection</i>	History

**And while you're reading all the books in the GH Library,
act on these tips from our Yes2HealthyLife Committee:
THE DANGERS OF SITTING**

From Harvard Health Publishing, Harvard Medical School

When you're in pain, it may be hard to make yourself get up and move. But consider this: A growing body of evidence suggests that spending too many hours sitting is hazardous to your health. Habitual inactivity raises risks for obesity, diabetes, cardiovascular disease, deep-vein thrombosis, and metabolic syndrome.

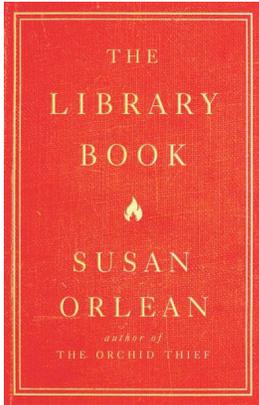
Researchers aren't sure why prolonged sitting has such harmful health consequences. But one possible explanation is that it relaxes your largest muscles. When muscles relax, they take up very little glucose from the blood, raising your risk of type 2 diabetes.

Sitting can also increase pain. Even if you're reasonably active, hours of sitting—whether reading a book, working on the computer, or watching TV—tighten the hip flexor and hamstring muscles and stiffen the joints themselves. Overly tight hip flexors and hamstrings affect gait and balance, making activities like walking harder and perhaps even setting you up for a fall.

Given the research, breaking up long blocks of sitting to flex your muscles seems like a wise move for all of us, so try to build more activity into your day. Set a timer to remind you to get up and move around every so often.

CHECK IT OUT!
The Library Book
by Susan Orlean

LCCN:2018022454 / ISBN:9781476740188



Candy-apple red with gold embossing are the colors of the sturdy book cloth that covers this fascinating account of libraries of all ages and locations and of the Los Angeles Public Library in particular. The beloved landmark building was partially destroyed by fire on April 28, 1986, and lost 400,000 books as well as irreplaceable reference materials, rare books, art works and a place of comfort to many people. 700,000 more books were damaged by water and fire. This was a major threatening event for the city, but not widely shared with the world due to the fact that on April 29, the day after the fire, the nuclear meltdown at Chernobyl caught everyone's attention.

Arson was the evident cause for the blaze. If you are looking for a captivating mystery you can find that between the pages that offer clues as to who was the felon that started the flames, and why anyone would want to destroy such a useful place. Like any good book, *The Library Book* offers many clues for you to follow right up to the last page with diverting descriptions of the suspects.

Libraries have long been known for their welcome acceptance of the public and the help that librarians offer scholars and casual readers alike. This is why a city of any size usually builds a library and several branch locations. If the worth of a library, the scope of its offerings and the value of its existence is not understood by you, this volume will surely deepen your understanding of the worth of the book collections and the joy they can bring people of all ages. Especially interesting is the planning and creation of the Los Angeles Library and the meaning it had for the City of Angels as it continued its growth to become a major US city.

Susan Orlean is an amazing journalist with several books on shelves of many libraries. She is known for careful research and great wit while writing all the facts of her subjects in enjoyable ways. She was so intrigued with the mind of an arsonist and how his brain would work that she decided to try to burn a book to get an emotional feeling of what it would be like to watch the paper burn. (I can hardly give away a book, much less destroy one.) She has included several photographs in this book of the oddball librarians, the buildings, and the firebug suspects.

My favorite extras in this book are the trompe l'oeil artwork: a small sticker on front, an old library card in its holder.

—Nancy Martin

Butterfly Survey at Green Hills

Between May and September, a team of residents goes out to count a minimum of 6 times. This is with the Iowa Butterfly Survey, a program started by Reiman Gardens at Iowa State University. The count includes walking a survey route for at least 6 times a season. The team of Bev Kruempel, Ruth G. Larson, Ann Mc Mullin, and Bruce Munson have surveyed 4 times so far this year.

On each survey the number of butterflies seen is recorded for each designated location:

- | | |
|--|-----|
| (1) Around the town homes (Hamilton Drive) | 19 |
| (2) Through the prairie | 106 |
| (3) Up the wooded path | 3 |
| (4) In the garden beds | 21 |
| (5) Along the interior route of town homes | 21 |

The total number of butterflies counted so far this year is 170, 62% of these in the prairie.

Among the species recorded, most were Cabbage Whites, then Clouded Sulfur, Eastern Tail Blues, Monarchs, Skippers, Spring Azure, and Hackberry Emperor, followed by just a couple each of Swallowtails, Painted Lady, Red Admiral, Fritillary, and a Pearl Crescent.



Come on out and enjoy these beautiful butterflies! The "Painted Lady" butterflies are abundant in the Sensory Garden flowers in this photo.
—Ann McMullin



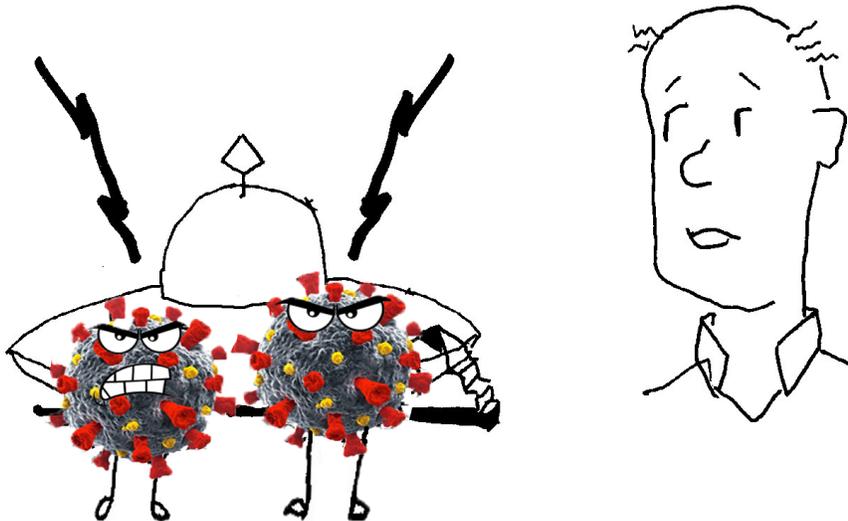
Our Prairie

The prairie is particularly lovely these days with the flowers in full bloom, the many butterflies, dragonflies and other pollinators flitting about, and the quiet of the winding pathways for more careful observing. The gazebo area has become a widely-used destination this summer. On another note, the Ames Tribune announced last month that Ames has received a "Bird Friendly Iowa" recognition for its many efforts to expand its habitat for birds (and pollinators).
—Joan Herwig

**UPDATE: Election Procedures
for the November 3 General Election**

Story County Auditor Lucy Martin will give a virtual presentation at 10:00 a.m., September 16. She will update election procedures for the November 3 General Election.

**Ed's
Cartoon
Corner**



Resident reports seeing evidence
in the rear parking lot
that the COVID-19 pandemic is the result
of an attempted takeover
by aliens from outer space.

(idea from: Nancy Martin)