



The Green Hills Chimes

APRIL 2021

Green Hills Retirement Community
Ames, Iowa

The Chimes news-
letter 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



Finding crocus blooming is an indication that spring is not far away and winter can soon be a memory for another year. Spring brings a new beginning for much of nature; plants awaken from winter dormancy, trees bud new leaves, many animal species birth their young and returning migrating birds bring their songs for our seasonal enjoyment. Spring brings a sense

of hope, for we plant in the spring and look forward to harvesting in the summer and fall.



In many ways the anticipation of a new beginning of spring is not too different from what we have experienced this past year. Many of the activities in our lives have been placed in dormancy because of COVID-19. We have been careful in meeting with family, engaged in social distancing, cautious in not touching or

hugging another person, prudent where and how we shop, curtailing participation in community events and conducting meetings virtually rather than in person.

Now, having received the vaccine to the virus and with the reduction in amount of infection in Story County, we can start to emerge from this hibernation. We should realize that we are as much a part of nature as the plants, animals and birds. They appear from their winter habitats on a schedule consistent with survival. We too must be careful as we return to our post pandemic lives. Our administrative leaders have developed plans to safely awaken our community based on guidelines from CDC and Iowa Department of Health.

Spring adds new life and new joy to all that is —Jessica Harrelson



Continuing Education: Ames Public Library

Wednesday, April 14,
10:00 a.m.
Community Room

Ashley Wilson from the Adult Services Department at Ames Public Library will share a sampling of what the library can and does do for the Green Hills Community and the Ames Community at large. Topics covered will include home delivery and Green Hills Library delivery, upcoming programs and events, book clubs, e-resources, interlibrary loan and more! Supplemental materials and business cards will be available. Ashley will have time for questions and comments from our residents.

CLUB 2200 STARTS AGAIN!

Friday, April 23
Socializing begins at 4:30.
Limit: 50 people. Please use the bus book to sign up.

The Green Hills Chimes

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Submissions Deadline:

15th of each month

Update from Yes2HealthyLife groups:

Bistro Stitches – meets every Wednesday at 1:00. Check the monthly and weekly calendars for meeting room location. Contact Myrna Whigham for more information (phone – 5178 or email myrnawhigham@yahoo.com).

Cribbage – in person and online options for play. Contact Roger Beckett (phone – 5218 or email rbeckalan@aol.com).

Pool/Billiards – the pool table on the second floor of the Lindens is open for players. Contact Paul Clayton (phone – 5161 or email npclayton@ghrc.coghrc.co)

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

The Friendship Committee

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

Contact Assignments for **April 2021:**
Apts: Anita Dyer 357-5105
Town Homes: Betty Kinzler 296-5080



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

AUTHOR	TITLE	CATEGORY
Dalrymple, William	<i>The Anarchy</i>	History
Rath, Tom	<i>Eat Move Sleep</i>	Health/Wellness
Bryson, Bill	<i>One Summer, America 1927</i>	History
Bush, George W.	<i>Portraits of Courage</i>	Art

LOW VISION READING DEVICE

The GH Library now has a low-vision device—a DaVinci Reading Machine—donated by the family of longtime resident Bob Kerns. We are very happy to have this for our library and for use by GH residents experiencing lower vision. Anybody who is interested in using it can call Toni Whitman at 5025.

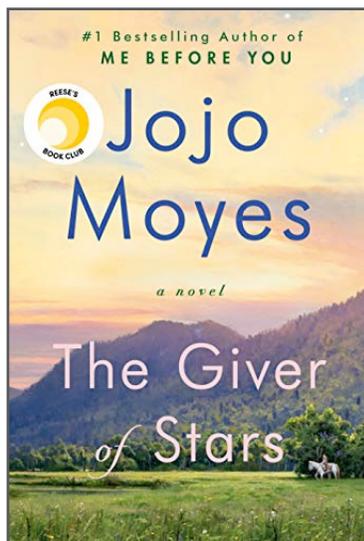


NEXT ART GALLERY SHOW

Green Hills resident Steve Howell is our next exhibitor. Steve notes, “The show will be mostly watercolors with some sketches, an oil painting, a small sculpture and a couple of photos thrown in for extra measure.”

The current show comprised of residents’ personal collections will come down on April 6. The Art Committee will hang Steve’s show on April 7. It will stay in place until May 12.

BOOK REVIEW: The Giver of Stars By Jojo Moyes



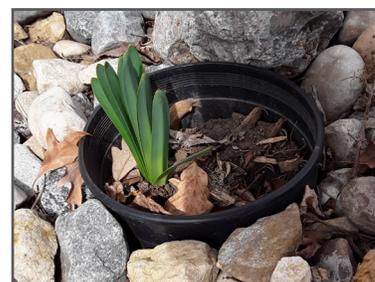
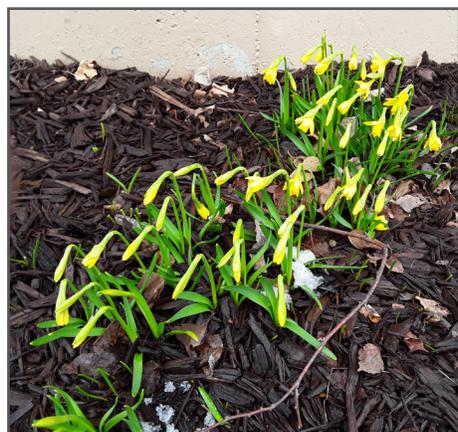
This book of fiction is built around an amazing piece of history. In 1936 Eleanor Roosevelt founded the Kentucky Pack Horse Library Project. The idea was a response to the limited access to libraries in the rural areas and to the high rate of illiteracy in the region. The facts relating to the women who delivered books into the hills of Kentucky are no less than heroic. They faced treacherous terrain, inhospitable climate, and resistance on the part of the population.

A quote from a well-known author or an informational piece from the WPA is often used to prepare the reader for the mood or the topic of the chapter. You quickly get to know each of the librarians, their families, and the community in which they live. Winning the trust and love of the remote families takes courage and sensitivity and these interactions are portrayed in an endearing way. Throughout the book there is a focus on the strong bonds of the diverse women who are involved in the library.

My curiosity about the Pack Horse Library Project drew me to this book. Because of this book, I have chosen to research and read more about the libraries and Eleanor Roosevelt.
—Anne Durland

Spring is Happening!

The daffodils and crocuses of Joan Herwig and Carole Magilton are showing up, despite what the Old Farmer's Almanac might have fore-



WALKING TO STAY MOTIVATED AND ACTIVE from the Yes2HealthyLife Committee

As the weather permits, we can all enjoy the many health benefits of a daily walk. Be aware of the many health benefits of a daily walk. Regular brisk walks help lower bad cholesterol, control blood sugar, and reduce the risk for high blood pressure, heart disease, stroke, and diabetes. Brisk walks also strengthen muscles, burn calories, and lift mood.

If you find walking boring, mix up your routine with different types of walking that maximize physical, mental, and emotional health benefits. Here are some options:

- **Interval-training walk:** Adding brief bursts of speed during a walk boosts cardio fitness. As you speed up push your intensity, recover, and then pick up the pace again. Harvard fitness consultant Michele Stanten recommends timing yourself for 15,30, 60 seconds at a heightened pace and then double the time to recover your normal pace. If you need longer time to recover, that's OK too. You can time yourself using landmarks if you do not want to time yourself: speed up as you walk past two houses, go slower for four houses, and repeat.
- **Strength training walk:** At least twice a week take a resistance band on your walk and work your chest, arm or shoulder muscles by stretching the band while holding it in front or above you, or loop around your back and press it forward.
- **Nordic walking:** Use of Nordic poles adds upper-body exercise to a traditional walk, engaging twice the muscles and increasing calorie burn. If you have balance issues, the poles will help keep you stable.
- **Hiking:** With or without poles you can enjoy nature. Hiking poles do help take pressure off the joints.
- **Meditative walking:** This is a natural activity for meditation or self-reflection: A breath-focused walk. The combination of breathing and stepping creates a rhythm that helps quiet the mind. "Breathing and counting are key," Stanten says. Match your footsteps to your inhalation and exhalations. Take four steps as you inhale, take four steps as you exhale. You can lengthen those counts as you relax.
- **A mindful walk:** Pay attention to what's going on around you and feel the breeze and sun on your body. Pay attention to what you are hearing: birds, leaves rustling, etc.
- **Walk -enhancing apps:**

Charity Miles (charitymiles.org). Raise money for numerous charities as you walk

The Walk: Fitness Tracker and Game (thewalkgame.com)

A free podcast app (www.health.harvard.edu/podcast-living-better-living-longer)

Remember to use just one earbud to listen to a podcast or music during a walk. Keep your other ear free for sounds in your environment that can alert you to hazards, such as approaching cars.

Source: Harvard Health Publishing, Harvard Medical School

Green Hills Earth Day Outreach Opportunities Sponsored by the Green Team Committee

Electronics Donation

Story County Conservation Center has partnered with Blank Park Zoo and ECO-CELL in recycling small electronics to protect gorillas, okapi, and other wildlife.

During the month of April, we will be collecting the old small electronic devices that you would like to donate. Simply take them to the collection box located in the cloakroom near the Community Room.

Acceptable items include: phones, tablets, iPads, iPods, mp3 players, handheld gaming systems, adapters, chargers, and even earbuds! These devices do not need to be functional.

Plarn Making & Bed Mats

The second opportunity is on April 22nd. We will have a plarn making workshop. If you know how to make the plarn, please come! We will be teaching people who want to join this great cause. We take plastic bags, link them together into plarn, then hand crochet them into a bed mat to donate to shelters or the homeless. Those who are interested can also learn how to make the plarn into the actual bed mat. Additional details will be announced.

Ed's Cartoon Corner



COVID-19 social co-existing rule #1:
Never fail to recognize your masked spouse.
(from a suggestion by Esther Willham)