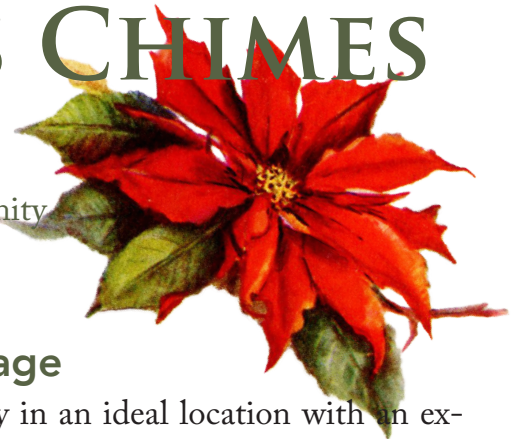


THE GREEN HILLS CHIMES

DECEMBER 2021

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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Images Thank You

Cartoon

The Chimes editor is delighted to bring you the annual December issue printed in full color.

GHRA President's Message

Green Hills is a mature community in an ideal location with an excellent reputation in the wider Ames community. It is unique as a resident owned continuum-of-care community with a 5-star quality Health Care Center. Green Hills has infrastructure in place to support a wide range of activities to sustain our chosen life style. We have first-rate management and staff to care for the residents and community.

These attributes compete in a marketing area with other senior-living communities that have different business models than Green Hills. In order to sustain our unique Green Hills Community, we have to plan and market successfully. In this regard, the Master Plan Committee (MPC) was charged by the Board to project a vision for the long-term success of Green Hills.

Members of the MPC are Peg Cutlip, Paul Rietz, Suzan Shierholz and Allen Trenkle. This MPC has met weekly since April 2021 to develop a 20-year plan in 5-year increments. They have worked diligently to consider how we can sustain the future of Green Hills, and have developed some very detailed recommendations to consider. We owe the MPC our gratitude and thanks for the considerable effort they have made, and continue to make, to help move Green Hills toward a successful future.

The MPC plan for the next 5-years, starting in July of 2022, consists of topics for addressing the near-term sustainability of Green Hills. These include enhancing Independent Living, enhancing Health Care, enhancing Grounds, enhancing Technology and striving to be the best Senior Living Community in the Green Hills market area. Major emphasis in the plan, for the first five years, is focused on ongoing maintenance and updating issues that have been postponed in the past. The plan also has a few additional recommendations for our future sustainability, subject to our available resources.

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All of the items listed above involve marketing or features that will help market Green Hills. For example, the Grounds are the first thing a prospective buyer will see, and first impressions are crucial toward successful marketing of Green Hills. The satisfaction of the residents is another important marketing point. We all need to market Green Hills to make it the most desirable continuum-of-care community.

The 5-year vision from the MPC will be forwarded to the Board for initial approval and, if approved, to the various Task Forces of the Strategic Planning Committee (SPC) for consideration if its implementation, if feasible within our resources to do so. This will also involve consideration by and recommendation from the Finance Committee before any 5-year implementation plan can be presented to the Board for final approval.

More than 50 members of our community are working on the various Task Forces of the SPC. Thus, we have significant community involvement in what final plans may be feasible and acceptable to eventually present to the Board for final approval.

Thank you all for your interest and involvement in the betterment of Green Hills. If there are questions or comments please call 515-520-9641. Wishing you all a wonderful Thanksgiving! We all have a lot for which to be thankful.

—Jerry Hall & Allen Trenkle



The Green Hills Chimes

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Submissions Deadline:

15th of each month.
(No January Chimes)

Chimes Editor's Reminder:

After this issue, the Chimes "goes dark" in January. The next issue will be February 2022, so the next deadline is January 15.
mollydsm@comcast.net

The Friendship Committee

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

Contacts for December 2021:

Apts: Shala Ludley, x5250
Town Homes: Maureen Wilt, x5054

Contacts for January 2022:

Apts: Anita Dyer, x5105
Town Homes:
Carolyn Jons, 515-708-0008

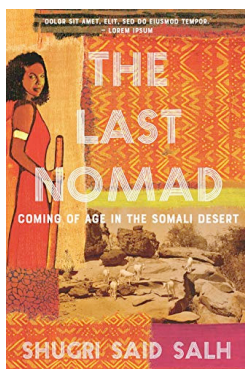


New Books in our Green Hills Library
on the countertop by the windows

AUTHOR	TITLE	CATEGORY
Benedict, Marie and Victoria Christopher Murray	<i>The Personal Librarian: A Novel</i>	Fiction
Elon, Emuna	<i>House on Endless Waters: A Novel</i>	Fiction
Francis-Sharma, Lauren	<i>Book of the Little Axe: A Novel</i>	Fiction
Hamilton, Gabrielle	<i>Blood, Bones & Butter: The Inadvertent Education of a Reluctant Chef</i>	Books about Women
Kimmerer, Robin Wall	<i>Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teaching of Plants</i>	Nature
Penny, Louise and Hillary Clinton	<i>State of Terror: A Novel</i>	Fiction
Rutledge, Lynda	<i>West with Giraffes: A Novel</i>	Fiction
Waggoner, Susan	<i>Christmas Memories: Gifts, Activities, Fads, and Fancies, 1920s-1960s</i>	History

BOOK REVIEW

“The Last Nomad: Coming of Age in the Somali Desert” by Shugri Said Salh



Salh offers a clear-eyed view of her coming-of-age during a tumultuous time in the history of her native Somalia. This is a fascinating look into northern African culture.

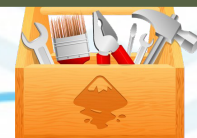
The author is the last in her family to follow the nomadic lifestyle: “All of my ancestors on both sides of my family were nomads; they traveled the East African desert in search of grazing land for their livestock, and the most precious resource of all—water.” Salh grew up as the daughter of a tyrannical father whose one redeeming quality was the belief that all women should be educated. He had 4 wives and 27 children. Before entering first grade in the city, she was sent to live with her grandmother to provide the older woman with support as she and the rest of their tribe herded goats in the desert. The transition from being a schoolgirl to a young goatherder was tough, especially as she wondered why she was the only one of her siblings to be sent away and denied schooling. But Salh appreciated certain aspects of nomadic culture, particularly their respect for and reliance on each other. The author’s vivid recollections of nomadic life—e.g., chasing wild animals, learning to make yogurt and butter, and observing how the adults built and dismantled their portable huts is impressive. She writes straightforwardly about how she underwent a ritualistic female circumcision and how the intense policing of her virginity continually overwhelmed her. Eventually she goes back to the city—Mogadishu and encounters her first white person, much to her surprise. The violence caused by Somalia’s devastating civil war, starting in 1993, eventually led Salh and many of her siblings to flee to Canada as refugees. Some of the book’s lighter moments occur when the author recalls the cultural differences she faced as she tried to adjust to life in North America. Her first encounter with an escalator terrified her but a washing machine and dryer delighted her. She eventually meets a wonderful guy from Ethiopia (a no-no in Somalia culture) and ends up in California as a trained nurse with 3 children. —Alan Atherly



Library Notice

The Library Committee reminds you that Ames Public Library books may only be checked out when a committee member is on duty. Those hours are on Mondays from 1:00 pm to 2:00 pm and Wednesdays from 9:30 am to 11:00 am. We hope that you like the selections they send us. If you would like some other kind of book from APL, please tell the committee member on duty or let me know.

—Joyce Mercier



Life Enrichment & Art Gallery Committee
invite you to participate:

“Handcrafted by Residents”

Thursday, January 13th | 2:30 PM–4:30 PM | Community Room

Plus a guided tour of the GH Woodshop downstairs!

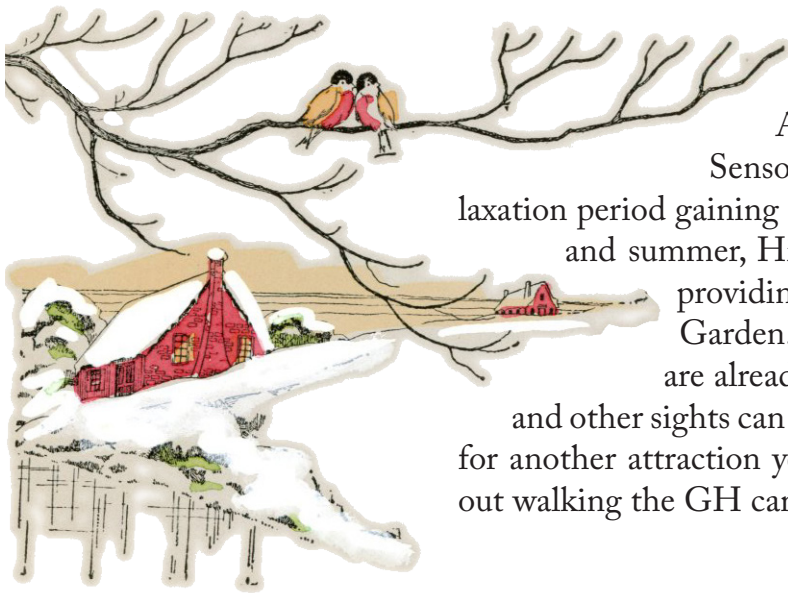
We invite Green Hills residents to display their handcrafts!
This show is for display only. No sales or vendors.

- ◆ Needlework
- ◆ Drawings
- ◆ Photography
- ◆ Paintings
- ◆ Woodworking
- ◆ Quilting
- ◆ Etc.

**Sign up in the bus book by Friday, December 17th
to have your items in the show!**

Contact Molly Ethridge (x5185), Don Dyer (x5105),
or Carol Grant (x5146) with any questions or for more information.





Sensory Garden in the Winter

Although the flowers and greenery in the Sensory Garden have begun their rest and relaxation period gaining strength for their reappearance in spring and summer, Hiedi and your Life Enrichment staff are providing other forms of winter interest in the Garden. Colorful and pleasant sounding chimes are already hanging from limbs and posts. Angels and other sights can be seen on top of the garden beds. Watch for another attraction yet to come in the Garden when you are out walking the GH campus this winter.



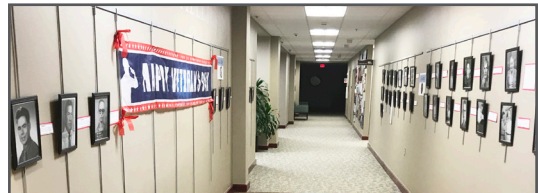
"Meta" Connection

You're probably aware of a local connection to the renaming of Facebook.

With the new name of "Meta" there are many mentions of Neil Stephenson, son of Janet and David Stephenson. His 1992 Science Fiction novel, "Snow Crash", is being widely cited for popularizing the concept of metaverse. I think residents might be interested in the connection if they don't already know about it. Neil was in our son's Ames High class.
—Barbara Bruene

In Our November Gallery

Veterans Day honors GH Vets. Thank you, Stacie & Maggie, for this tribute.



In December, children of staff members display their competition entries for this year's GH Christmas card design.





Disposal of Hazardous Products

Now that you've moved to Green Hills, do you find you've brought along some home and garden products that contain potentially dangerous chemicals, and wonder what to do with them? The Resource Recovery System link, on the City of Ames website, lists hazardous materials that are poisonous to people, fish, wildlife, and plants. Some of these products may be immediately fatal; others may build up in body tissue or the environment, causing future health problems.

Improper disposal of toxic chemicals threatens our groundwater, the major source of our drinking water. The cost of sewage treatment can increase dramatically if toxic chemicals are in high concentrations in the waste stream.

Next year, the Green Team will plan an event where you can bring hazardous materials that will be disposed of properly at the Resource Recovery Plant. Meanwhile, start reading labels and follow instructions for both use and disposal of products. To assist you in selecting items for disposal, sheets listing items accepted through this program are available on the bulletin board in the mail room.

—Shirley Riney for the Green Team





Hearing Aids: Tele-Coil-capability and Headphones in our Theater and Community Room

Did you know if you wear a hearing aid it is probably equipped with a Tel-Coil option? What is that? A Tele-Coil is an electromagnet with an antenna in your hearing aid that picks up signals from a Tele-Coil Loop (Electronic Magnetic Field). So, if you are within that field or loop, you are receiving the signal.

Fortunately for you, Green Hills has two active loops. One is in the theater and the other in the community room. Many venues on the Iowa State campus are also now using this technology including Fisher Theater, CY Stephens and others. The Civic Center in Des Moines is also looped as are many other venues in the city.

Hearing aids of today, whether they are rechargeable or powered by a battery, are equipped with a Tele-Coil, except for small Completely in the Canal, super small In-the-Canal or Invisible hearing aids due to lack of room for the coil and antenna. When activated the only sound you hear will be the signal from the program and the sound is altered to your hearing loss. Also, the microphones on the aids are automatically shut down or off to minimize any other ambient sounds (background noise). Therefore, the listener has the ability to understand with nice, clear, clean sound. With the Tele-Coil and Loop technology you will be certain to have the best seat in the house when it comes to hearing.

I can help you determine if your hearing aid has a Tele-Coil or not. I can activate your aid if necessary. I am available the 2nd Tuesday of every month in the Green Hills clinic between 9:30 and 11:00 am or at my office anytime.

Mike Smith, Hearing Unlimited, Ames

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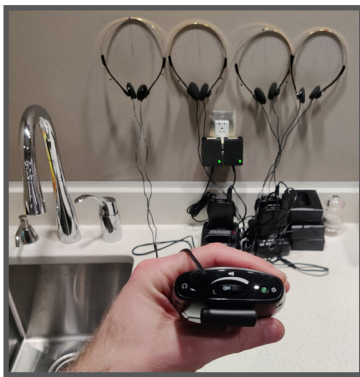


Hearing Aids: Headphones and Tele-Coil-capability, cont'd. Notes from John Hummer, I.T. Green Hills

I have attached two pictures that show the location of the hearing assistance devices in the theater and community room.

Below are instructions on how to use them:

To use hearing assistance devices in theater and community room, no adjustments need to be made on the main equipment rack. The hearing loop system is always on. To use it, turn the dial on the top of one of the hearing assist devices. You will feel it click once it is moved from the "Off" position. Now, adjust the dial to your preferred volume. Please return dial to "Off" position when finished.



Theater behind back row



Community Room drawer

Those that have hearing aids that are Tele-Coil capable will not need headphones. However, most people's hearing aids do not have that feature (at least from my understanding). I think more people are upgrading to them over time, but I know there are a lot of people here that do not have that capability.

For those that do have Tele-Coil capable hearing aids, it would be very difficult to give them instructions since it will be different for each hearing aid. It may be good though to point out to people that they should check and make sure they know whether their hearing aids have built in Tele-Coil or not. Some may have it and not know it.

In This Issue:

The annual December Chimes is specially printed in full color. In this year's December Chimes, the vintage images I've used on each page are from 1920's-'30's holiday cards saved by Ellie Mathews' mother. In turn, Ellie has saved the cards for many years and just recently passed them along to me. I've loved being able to share them with our Green Hills Chimes readers this holiday season. Thank you, Ellie.
—Molly Ethridge, editor



Ed's
Cartoon
Corner

"No, Dear, this is Green Hills Retirement Community. Santa doesn't live here....
.... but your grandparents do."

