



The Green Hills Chimes

FEBRUARY 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. Inside this issue:

2

Friendship Comm.
Donations Thanks

3-4

New Books

5

Book Review

6

Sacks Project

7

Recycle Glass

8-9

Staff Thanks

10

Awards

11

Brain Health

12

Art Gallery
Cartoon

GHRA President's Message

Green Hills has many unique features, but being resident-owned places it nationally within a small group of retirement communities. Ownership and having more control of our home is a part of the attraction to purchase property at Green Hills. Many moving here have experience in successful management and maintenance of a private home, but few have experience in cooperative management and having financial responsibility for a resident-owned community. Each resident owns a portion of the common property; for example we each have a share of the Health and Wellness Center, all the windows in the community, the 41 townhome roofs, streets and sidewalks. Management and maintenance of the common property is a responsibility of ownership.

Shortly after establishment of Green Hills, Life Care Services was contracted to provide professional management such as supervising employees, purchasing, marketing and maintaining a fiscally sustainable community. Currently two employees of Life Care Services are at Green Hills as managers: the Executive Director who has overall responsibility and the Administrator who supervises the Health Care Center.

Residents, however, are ultimately accountable for the fiscal stability and future of Green Hills. There are two boards of directors, the Residence Association Board (seven elected resident and two selected non-resident members) and the Health Care Center Board (five resident and two non-resident members appointed by the RA Board). The role of the boards is to establish policy and monitor fiscal status. The purpose of the Advisory Council (fifteen elected resident members) is to facilitate communication among residents, management and the RA Board. Committees of resident volunteers provide recommendations and information to the RA Boards, and Advisory Council.

continues next page→

continued: President's Message from Allen Trenkle

All residents have an opportunity and a responsibility to be involved in determining the nature and future of our community. We can participate in general meetings to understand the current status and needs of the community, volunteer to serve on committees and nominate individuals for the Board of Directors and the Advisory Council.

Thank You, Thank You, Thank You for Donations to the Employee Appreciation Fund in 2020

Green Hills residents and friends of Green Hills donated \$98,611.00 to the Employee Appreciation Fund in 2020. This far exceeded our goal. We received 701 donations this past year. Over 20% of the donations were \$1000 or larger while the average donation was \$576.67. On December 9 we gifted \$98,515.00 to 160 Green Hills employees based on the hours they worked this past year. They were most appreciative of our gift at this time. The Employee Appreciation Committee thanks you for your most generous support to our fund drive and to our employees.

As chair of the committee this past year, I also appreciate the contribution each com-

mittee member provided to help make this a very successful fund drive.

"Thank You" to Carol Wright, Rae Reilly, Joan Mathews, and Carolyn Jons. We were a great team. If you are interested in being on this committee and supporting this effort in the future, please contact a committee member.

—Cliff Smith, chair

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 **February 2021**:
Apts: Jan Essig 357-5212
Town Homes: Maureen Wilt 357-5054

The Green Hills Chimes

Publisher:

Green Hills Residents Association
ghoffice@greenhillsrc.com
2205 Green Hills Drive, Suite 100
Ames, IA 50014
515-357-5000

Editor: Molly Ethridge

mollydsm@comcast.net

Committee & Proofreaders:

Carol Grant, Jerry Hall,
Barbara Munson, Phyllis Seim

Submissions Deadline:

15th of each month



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

DECEMBER 2020:

AUTHOR	TITLE	CATEGORY
Gibbs, Nancy & Michael Duffy	<i>The Presidents Club</i>	History
Leopold, Aldo	<i>A Sand County Almanac and Sketches Here and There</i>	Nature
Livesey, Margot	<i>The Boy in the Field</i>	Fiction
MacColl, Gail & Carol McD. Wallace	<i>To Marry an English Lord</i>	History
Read, Miss	<i>Village Centenary</i>	Fiction
Wallace, Chris	<i>Countdown 1945</i>	History

JANUARY 2021 LIST ON NEXT PAGE →

SIGN-UP for LIBRARY SOFTWARE ACCOUNT

GH Library has a catalog of its books called Librarika. This allows residents to access the catalog from their home computer. This catalog will tell you whether or not the book you are interested in is part of our GH Library. You will have to go into the library to see if the book is in and to check it out. To be able to access this account, you need to contact John Hummer, IT, at 5037, to have him set you up with a password.

—Joyce Mercier

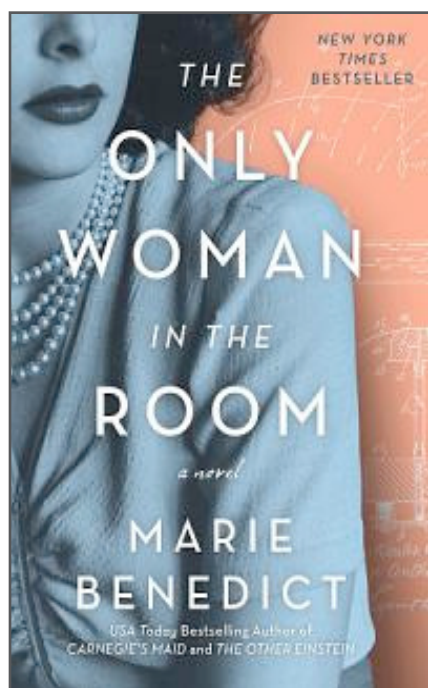
NEW BOOKS IN OUR LIBRARY, JANUARY 2021:
(DECEMBER LIST ON PREVIOUS PAGE)

AUTHOR	TITLE	CATEGORY
Fletcher, C.A.	<i>A Boy and His Dog at the End of the World: A Novel</i>	Fiction
Hyde, Catherine Ryan	<i>Have You Seen Luis Velez?</i>	Fiction
Jackson, Bianca & Jonathan Morton, eds	<i>Defining Moments in History: Over a Century of the People, Discoveries, Disasters, & Political and Cultural Events that Rocked the World</i>	History
Jance, J.A.	<i>Duel to the Death: An Ali Reynolds Mystery</i>	Fiction
McBride, James	<i>Deacon King Kong: A Novel</i>	Fiction
Raines, Ben	<i>Saving America's Amazon: The Threat to Our Nation's Most Biodiverse River System</i>	Nature
Walter, Jess	<i>The Cold Millions: A Novel</i>	Fiction

Rate the Book You've Read

At its last meeting the Library Committee approved book rating by use of a rating card/bookmark. When you check out a book, take a card and write on the card the name of the book. When you have finished the book write your comments on the card and put a check mark or X in one of the five rating boxes at the top of the card. Return the book with the card in the book pocket, with just the ratings showing. Everyone will benefit.

BOOK REVIEW: The Only Woman in the Room By Marie Benedict



This is an intriguing historical novel about a young Jewish actress and inventor, Ms. Hedwig (Hedy) Kiesler, raised in Vienna, Austria in a Jewish community during the 1930's. Hitler was rising to power in Germany at this time and Mussolini was in power in Italy. Hedy was a strong willed, intelligent and curious woman operating in what was known as a "man's world" when the drums of war led to the Nazi invasion of Poland, Italy and Austria; the prosecution of the Jewish people; and, eventually to World War II during the 1940s.

Ms. Kiesler was known in Vienna for her beauty and acting ability even though she was in her late teens. Mr. Fredrick Mandl, an industrialist and arms manufacturer, was attracted to her and attended several of her acting performances. They soon married with her parents believing the marriage would somewhat protect her Jewish heritage from the Nazis. The marriage resulted in Ms.

Kiesler postponing her acting career to become a micro-managed hostess to the frequent dinners held by her husband and his business associates. This allowed her to interact with top officials in government, including prominent Italian, Austrian and German officials. She gained certain critical information on arms and torpedoes as well as political activities from these social engagements.

Hedy decided it was imperative to escape her confinement as the German military and SS troops were invading Austria. She escaped, first to London, and later to the United States where she continued her acting career. In Hollywood she divorced Mr. Mandl and changed her name to Hedy Lamarr (a well-known actress and public figure to those of us over 70 years old). During her time in America, she wanted to contribute to the war effort by revealing or counteracting things she had learned from German enemies in Vienna. This led to both her helping sell War Bonds, and using her intelligence and scientific skills. She developed (with the help of music composer, George Antheil) a guidance method of controlling the path of a torpedo or missile that could not be jammed with radio wave interference. This invention was awarded a classified U.S. Patent 2,292,387. The technology is still used today in cell phone technology.

For those interested in World War II history, this book narrates the struggle of a Jewish woman to survive during the Nazi invasion of Austria, and her later influence in helping with the war effort in America.

— Jerry Lee Hall

NEW SERVICE PROJECT: SACKS!

There is a new option to recycle the brown paper bags that come with groceries and some Green Hills food orders. Jean Griffen is the inspiration for this project. →

The collection point is in the closet across from the Green Hills Community Room. Please fold your bags, tuck them in one bag, and drop them off in the closet.

The bags will be picked up as they collect and delivered to Bethesda Lutheran Church by Chuck and Carolyn Jons. The Bethesda Community Food Pantry has served the Story County area since 1983.

Volunteers will use the bags to give food to about 215 to 250 families each month. Guests traditionally went into the pantry to make selections. However, because of COVID-19, Bethesda began curbside service last March. The hours are:

Tuesday: 1-3:00 pm, and 6:30-8 pm

Wednesday: 10-11:30 am

Thursday: 1-3:00 pm

Guests stay in their cars and line up at the curb. A pantry volunteer goes to each car with a clipboard that has a list of food items currently available. Guests make their choices, and the volunteer goes back into the pantry to fill the order. Items are collected in grocery bags, and volunteers deliver the food to the guest's vehicle.

Donna Grooms, Food Pantry Coordinator→



The Big Yellow Dumpster

Have you seen the big yellow dumpster in the downtown Fareway parking lot? I had to look a bit to find it after they moved into their new store and redid the parking lot, but it is there in the northwest corner by Clark Ave. Hy-Vee is supposed to have one too but I haven't been able to find it at Lincoln Center. But I don't really need to know where any of those are because we have our own right here at Green Hills. It is tucked in the space between the kitchen and the sensory garden across from parking lot B. I have heard that apartment floors have receptacles where you can place the glass and don't have to worry about "big yellow dumpsters".

Why am I so interested in big yellow dumpsters? This is where the city wants us to recycle our clean, empty glass jars and bottles. But don't we have a solid waste facility where our garbage is taken to be burned? Oh, yes, but glass of course, does NOT burn and it cannot be pulled out as the metal can be with magnets. Therefore, it breaks up and damages the equipment used to convey and burn the combustible material. Eventually, this equipment has to be repaired which, of course, costs money. Money which ultimately trickles down to city residents to pay either through higher electric fees or maybe even taxes.

So, please DO recycle your glass containers in the big yellow dumpsters or the receptacles provided in the apartments, and help to save money for everyone!

—Donita McCoy, Green Hills Green Team

My New Sox by Ed Ethridge

"Sherpa" socks
At the Hy-Vee store
Warm your feet
And grip the floor:

I have two pairs,
And say to you:
You should have
Two pairs, too!
Sherpas won't:

Learn to box;
Chase a fox;
Pick room locks;
Hear door knocks;
Dare an ox;
Wear your frocks;
Cure the pox;
Climb big rocks;
Spell "equinox;"
Inspect boat docks;
Run for blocks;
Interest jocks;
Or wind your clocks....

They're just socks
That grip the floor,
Warm your feet,
And nothing more.





Thank you
so much!
-Hilary

Dear Green Hills Residents,

Thank you for your gifts to us and for your recognition of the pride we take in our work as Green Hills' employees throughout the year. We wish you and your families a healthy and happy year!

Thank you for the wonderful surprise and your generosity!
-Jenessa

Karley

So generous & much appreciated!!
Thank you, Danelle

Thank you so much for the gift!
-Olivia

Thank you!
Todd

Thank you so much!
-Jody

Thank you so much for your generosity!
-maggie m.

You make working here very special.
Thanks, Stacie

Thank you!
Selena Jarvis

Thank you so much!
-serait

~~Thank you~~

We appreciate all of you!
-Allison

Thank you so much!
-Michelle

Thank you so much!
-Targion

Thank you so much!
Shelley E.

Thank you so much! Very much appreciated!
-Nichole

Thank you!
Taylor F.

Thank you!
-Jodie

Thank you!
Allison

Your gift is so greatly appreciated! I am honored to care for all of you!
Thank you!
Carol L.

Thank you everyone!
-Laura B.
We appreciate each & every one of you!
-Brittany R.

Your generosity goes a long way! Thank you so much!
-Tina B.

Thank you!
-Karen

Thank you!
-Steve

Thank you so much!
-Ryan Jones

Thank you!
-Madi M.

Thank you so much!
-Nigel

Thank you so much!
Happy Holidays!
-Bailey

Thank you so very much!
-HEDI

Your kindness is so appreciated!
Happy Holidays
-Caitlin Engenberg

We appreciate you!
-Leslie

So appreciated!
Thanks, Rachel

Thank you so very much for your gifts
-Rachel

We appreciate your generosity!
-Matthew





Thank You!!
-Emily G

Dear Green Hills Residents,

Thank you SO much
for your generosity!
-Amanda

Thank you for your gifts to us and for your recognition of the pride we
take in our work as Green Hills' employees throughout the year.

We wish you and your families a healthy and happy year!

Thank you
for your generosity!
-MaryCaine

Thank you
Sara C.

Thank you!
Diane B.

Thank you!
Kristina
Thank you
so much!
Bath H.

Thank you!
Laura Z

Thank You
Daniel

Thank you
for appreciating
me! ♥
-Paulina U

Thank you!
Jueth I

Thank you!
Camry F.

Thank you!
Nan H.

Thank you!
Mollie Frideres

Thank You!
HAVE A HAPPY
NEW YEAR!
-Amanda

Thank you
so much
-Ally K

Thank you
so very much
-Judy S.

Sending
Much
Love
♥ Sophia F

Thank you from
the bottom of
my heart!
Country B.

Thank you so
much for your
generous gift!
Cheryl Olson

Thank You so much
♥ Corrine L.

Thanks
allie
Thank you
so much!
♥ Kira S.

Thank you!
Selena D.

Thank you!!!
Nataliya Z.
-Amanda

Thank you!!
Emma J

Thank you!!
Jeffrey C

Thank you
- Jeff C

Thank you!
Linda Lauver

Thank you
so much!
Hannah F.

Thank you!
Jeffrey

Thank you!
Phelan

Thank you
so much!
-Amanda

Thank you
so much!
Todd C.

THANK
you!
-Sam T.

Thank you
-Natalie S.



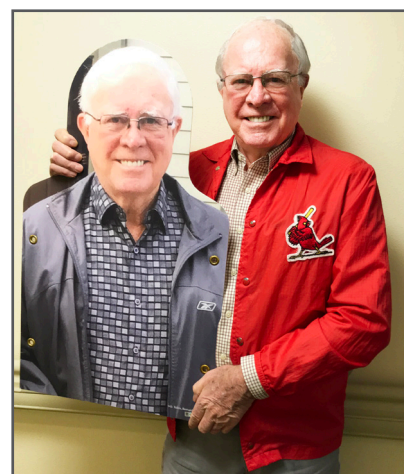


STARS AMONG US

Timberland resident **Bill Fales** was recently honored as the E.P. Pope Memorial Award 2020 recipient by the American Association of Veterinary Laboratory Diagnosticians. The E.P. Pope Award is AAVLD's highest recognition for significant contributions to the organization and the field of Veterinary Diagnostic Laboratory Medicine.

Fales' accomplishments include service in the Army Medical Service Corps (1966-69), 42 years of service at the University of Missouri College of Veterinary Medicine Diagnostic Laboratory, Honorary Diplomate of the American College of Veterinary Microbiology, recipient of the Missouri Veterinary Medical Association Distinguished Service Award and Presidential Award, the George Dadd Award for Teaching Excellence, the training of 3,100 students of Veterinary Medicine, and recognition as an Honorary Veterinarian at the College of Veterinary Medicine 2017 graduation. He used the services of ISU's National Veterinary Services Laboratories throughout his career and they played a major role in verifying his discovery of the second outbreak of Contagious Equine Metritis in the US.

One of his greatest accomplishments is the raising of his daughters, Dr. Amanda Fales-Williams, ISU Dept. Chair of Veterinary Pathology, and Rebecca Kohn, senior librarian at the Palo Alto City Library, Palo Alto, CA.



Family roots and history run deep for Green Hills resident

Kelly Tobin

and his extended family.

When Kelly was a young boy of four or five, his father introduced him to the St Louis Cardinals baseball games on radio. When he was around 12 his father took him to a game in St Louis, and thus Kelly became a life-long fan of the Cardinals.

Fast-forward now to 2020. Kelly and Irene's son Jim and family live in St Louis and have a long family tradition with the St Louis Cardinals. Tobin's grandson Drew lives in California and contacted Cardinal Nation with an idea to do something really special for Kelly and for Drew's dad Bernie, Kelly's other son.

His idea worked for the Cardinal Nation, who liked his plan honoring long-time fans. Drew sent photos of the two men, and Cardinal Nation produced lifesize cardboard photo replicas of Kelly and Bernie.

Believe it or not, the two replicas were then attached in side-by-side seats provided by Jim, two rows behind the St Louis Cardinals dugout for the ENTIRE 2020 baseball season!

Want to see this Cardinals special fan? Kelly Tobin's replica greets anyone who wants to say hello just outside the entry door of Maples apartment 1202. — Carol Grant

From Our Yes2HealthyLife Committee

Foods linked to better Brain Power:

According to the Harvard Medical School, research shows that the best brain foods are the same ones that protect your heart and blood vessels. They include:

- **Green leafy vegetables** such as kale, spinach, collards, and broccoli. Research suggests these plant-based foods may help slow cognitive decline.
 - **Fatty fish** are abundant sources of omega-3 acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid, the protein that forms damaging clumps in the brains of people with Alzheimer's disease. Try to eat fish at least once a week but choose varieties that are low in mercury, such as salmon, cod, canned light tuna and pollack.
 - **Berries** are a source of flavonoids, the natural plant pigments that help improve memory. Published research from Harvard's Brigham and Women's Hospital found that women who consumed two or more servings of strawberries and blueberries each week delayed memory decline by up to 2½ years.
 - Published research in the Journal of Nutrition shows participants with higher **caffeine** consumption scored better on tests of mental function. Caffeine might also help solidify new memories.
 - **Nuts** are excellent sources of protein and healthy fats. Walnuts are high in a type of omega-3 fatty acid called alpha-linolenic acid (ALA). Diets rich in ALA and other omega-3 fatty acids have been linked to lower blood pressure and cleaner arteries. That's good for both heart and brain.
-

Headache First Aid: from the Mayo Clinic

Most headaches are minor, and you can treat them with a pain reliever. Some headaches, however, signal a dangerous or serious medical problem. Don't ignore unexplained headaches or headaches that steadily worsen.

Get immediate medical attention if your headache:

- Develops suddenly and severely
- Progressively worsens over the course of a single day or persists for several days
- Causes mental confusion or loss of consciousness

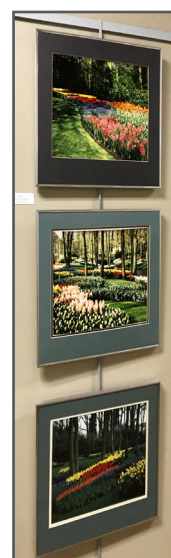
Immediate medical attention is also needed if your headache is accompanied by:

- Seizures, dizziness or loss of balance
- Weakness or paralysis, such as in the arms or legs
- Numbness
- Difficulty speaking or understanding speech
- A reddened eye

Also seek medical attention if your headache:

- Is accompanied by fever, stiff neck or rash
 - Is accompanied by changes in vision, such as blurring or seeing halos around lights
 - Is severe and follows a recent sore throat or respiratory infection
 - Begins or worsens after a head injury, fall or bump
 - Is triggered by changing the position of your head, coughing, sneezing, bending or physical activity
 - Is a different type of headache from your usual type and you're older than 50
-

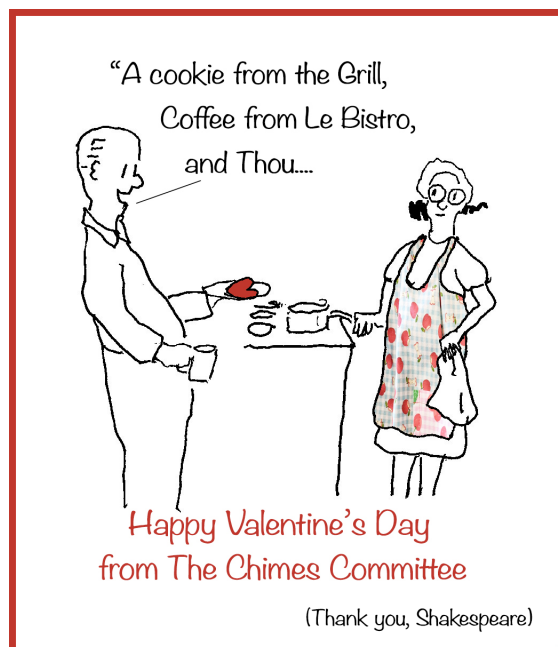
CURRENT GREEN HILLS ART GALLERY SHOW



Rae Reilly, chair of the Art Committee, and committee members were faced with the dilemma of not being able to invite outside artists into our closed building for several months. Their idea was to search out artists within our walls, and to start in January with photographers. We were happily surprised to

find several who were delighted to share some of their beautiful pieces. This show will stay up until mid February.

Ed's Cartoon Corner



Featured Green Hills Photographers:

Craig Beer
Jerry Mathews
Diane Neal
Chuck & Motoko Oulman
Dale Shenefelt
Allen Trenkle