

THE GREEN HILLS CHIMES



JULY 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:

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Cartoon

GHRA President's Message from Allen Trenkle

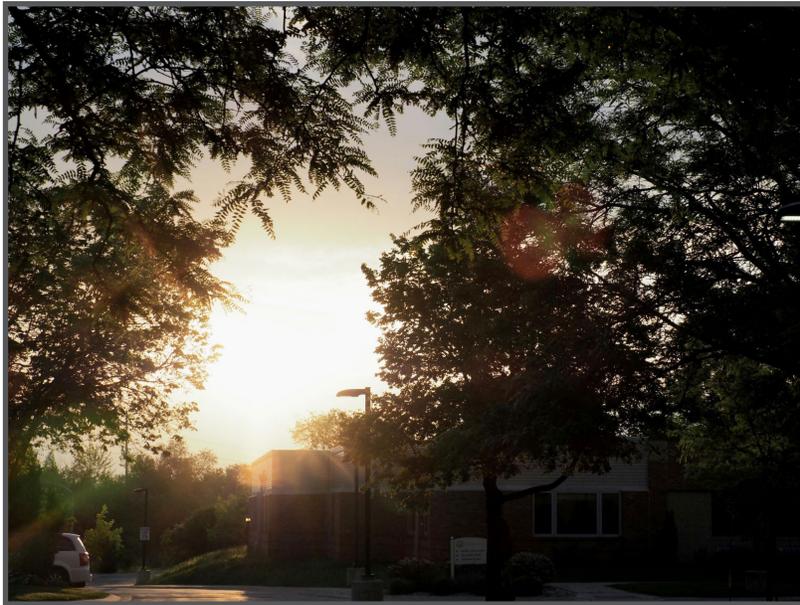
“When things get back to normal” is a refrain frequently heard as the number of vaccinations increase and the pandemic begins to decline. We are all eager to start living our lives with fewer restrictions and reestablish social connections, but realistically there is no return to “normal” after COVID-19 because time is not reversible and we as well as many conditions have changed with time.

As the pandemic wanes there is the sensation of a new day, and most of us should take time to consider what we learned from our experiences this past year, and how we want to live our lives going forward. Did we lose or gain meaning and purpose for our lives? Maybe we need to work on relationships with family and friends, keep developing new interests and skills that have been enjoyable. For our own well-being we can retain beneficial habits that were acquired and discard unfavorable ones that could not be continued during the pandemic.

This new day also provides an opportunity for us as a community to collectively assess the paths we have been traveling and where future paths can take Green Hills. Staff working with the Capital Planning Committee, the Finance Committee and the Residence Association Board have developed a five-year plan to address property maintenance issues that have been deferred for too long.

To thrive in the future, a long-range plan is needed to address resilience and sustainability of the community. The occurrence of a derecho during the viral pandemic gave emphasis to the importance of being prepared to deal with unforeseen events. Fortunately, Green Hills survived the derecho and came through the pandemic with minimal losses. Sustainability will require developing a balance of

continues on next page with Allen's photo and chosen quote →



meeting our current needs while building a foundation so Green Hills can provide for the expectations of future generations.

“Every day is a new beginning. Treat it that way. Stay away from what might have been, and look at what can be.” – Marsha Petrie Sue

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
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Paula Toms x5141
Anne Durland x5398

The Green Hills Chimes

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Submissions Deadline:

15th of each month

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 **July 2021:**

Apts: Anita Dyer x5105

Town Homes: Maureen Wilt x5054

The Green Team Is Collecting Corks



The Green Team will join JAX, a partner with ReCORK, North America's largest natural cork recycling program, by collecting corks.

Cork is an extremely versatile material with benefits that extend far beyond being great bottle stoppers. Cork's naturally durable, moisture-wicking, lightweight and rot-resistant qualities make it perfect for repurposing into a wide variety of eco-friendly products. The cork is ground down into material that can be used in a wide variety of products, replacing environmentally harmful foams and plastics otherwise used. Natural cork is remade into shoes, bags, flooring, insulation, auto parts, sports equipment, mulch.

Drop your corks off at the collection jar located in the closet across from the Community Room.

—Shirley Riney

Welcome to the Prairie Park

“This area has been planted with native wildflowers and grasses, providing diverse habitat for pollinators, birds and wildlife.”

The prairie was established in 1998 at the time the Timberland townhomes were planned. It, along with the pond and gazebo, was part of the landscaping design. Walking paths and the bridge over the pond were also part of the original design. The area was planted with prairie seed purchased from the Allendan Company. Over the years several experiments have been tried to improve its attractiveness. It was burned in the spring until it was decided burning was too dangerous. Since then Goats on the Go were brought in to munch unwanted plants. More recently, it has been mowed in early spring before the prairie plants start to grow. This year 500 plugs of flowering prairie plants have been planted. Tall poles were placed by each set of plants to aid in watering. Invasive species such as Canada thistle, volunteer trees, sweet clover, bird's foot trefoil, crown vetch and cattails have all been a problem at times. A combination of herbicides and able-bodied Green Hills volunteers have been used to eradicate the unwanted plants. Please enjoy the paved walking paths, have a party in the gazebo, eat at the picnic table and admire the prairie in bloom.

—Ellie Mathews





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

AUTHOR	TITLE	CATEGORY
Abrams, Stacey	<i>While Justice Sleeps: A Novel</i>	Fiction
Alvarez, Julia	<i>Afterlife: A Novel</i>	Fiction
Cook, Kevin	<i>The Burning Blue: The Untold Story of Christa McAuliffe and NASA's Challenger Disaster</i>	Sci/Tech
Jiles, Paulette	<i>Simon the Fiddler: A Novel</i>	Fiction—paperback
Johnson, Katherine	<i>My Remarkable Journey: A Memoir, the Life that Inspired Hidden Figures</i>	Biography
Lewis, Michael	<i>The Premonition: A Pandemic Story</i>	Sci/Tech

GH LIBRARY FEATURE: DID YOU KNOW

Our Green Hills Library has the **Reader's Digest Large Print** edition available for your reading pleasure? The latest copy can be found in the magazine rack next to the window wall. Past copies are stored on the bottom shelf of the wall next to the magazine rack.

For New Residents: Welcome to our Green Hills Library

New books on the window counter

Non-fiction to the left



Fiction to the right

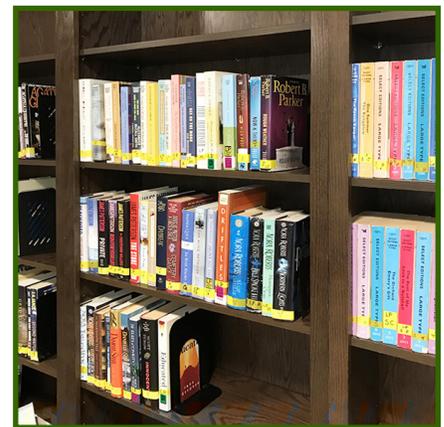


Rack for paperback books: no check-out required. Fiction is shelved on the long wall behind it.

Non-fiction is along wall to left of entry, eg., History and Biography.



The window counter holds new books and other loose items of interest.



Large print books are to the right of the entry, as well as humor, health, science, technology, nature, art, & reference.

Also in our Green Hills Library: Book Catalog and Magnifying Reader



You can “surf” the Green Hills Library collection on the desktop computer. To the right of that device, you can use the magnifying reader to show pages in **large type**. Instructions for both devices are on the tables next to them.

Something New From the Ames Public Library

The Library Committee has requested that the Ames Public Library include a few “**Books on Tape**” with their next delivery to the Green Hills Library on July 22. The tapes will be available on the Ames Public Library shelves Mondays from 1:00 to 2:00 and Wednesdays from 9:30 to 11:00 after July 22. Check it out!

Health Crises Through the Years, by Alice Thompson

I was motivated to write this when I read in the Des Moines Register the responses of four 92 year-old residents of northern Johnson County to the question "What do you remember about the Great Depression and WWII?" Lately I have been thinking a lot about both of those events. In no sense of the word is this a 'scientific' paper, but is memories as experienced by this 96 year-old daughter, mother, grandmother.

Through the years there have been many health crises with many contagious children's diseases. The common element of all of these diseases was that in any household that had it, the family was quarantined for usually 3 weeks. I escaped diphtheria which was usually very severe. It hit our family before I was born. My first children's disease was Chicken Pox before I started to school. All 6 of us were down at one time. That meant our family quarantine lasted 3 weeks.

My next experience was with Small Pox, much more serious than Chicken Pox. This would have been in 1930 so I would have been 6 years old and in first grade. Right away Dr. Wolf came from Iowa City to the high school to give vaccinations to the entire community.

I don't recall the sequence of Red Measles, German Measles, Mumps and Whooping Cough but I had all of them while in grade school. Again I don't recall specifically but assume we all had all of them in their turn, because they were all very contagious. I don't know when vaccinations were developed for these diseases, because my daughters had Chicken Pox, and Red and German Measles in the 1960s. The first vaccination for Polio came out in the early '60s, placed on a sugar cube on your tongue.

The Influenza epidemic of 1918-19 was before my time. You have probably heard or read information about it, as it was spread worldwide & extremely severe with a great many deaths.

A widespread plague in the late 1930's was Polio, which was devastating. It produced high fevers and often affected the lungs, paralyzing them causing a person to be unable to breathe. Perhaps you have seen pictures of the iron lungs that people were encased in, with only their head out the end and a door on the side for a caretaker to tend to the patient. The only one in our family to contract polio was my sister. She has continued to wear heavy shoes much of her life. Post Polio Syndrome is very common among older people who had apparently made a good recovery originally.

Another contagious disease I have not thought about in many years is Sleeping Sickness. It was a livestock disease that could be transmitted to humans. Our horse, Dolly, contracted it in the mid-1930s. My brothers tried diligently to save her to no avail. A few days later Russell was very sick with a high fever and sleeping. He was taken care of at home. Fortunately he survived to live a long, productive life.

The present pandemic of Covid-19 is different than anything I have ever seen in several ways and for several reasons. Yes, Covid-19 is worldwide as was the influenza of 1918-19, and both were & are very contagious, but totally unrelated. A big difference today, among other things, is that we have unprecedented instant mobility throughout the world so a person can feel healthy when they leave home, but be sick with Covid-19 by the time they are halfway around the world with possibly several stops along the way, still not showing symptoms and unknowingly exposing many other people. A frustrating difference today is that so little is known about the coronavirus which is rapidly mutating. It will continue to be extremely challenging to develop a vaccine not only for the current strain, but new strains as they develop. For this we were totally unprepared and extremely slow in taking it seriously. It took vaccines to get all these other contagious diseases under control, but when people refuse the vaccinations it still remains active.

A common element throughout all of these crises is how it also seems to bring out the best in our human nature in going beyond the call of duty to help each other in whatever way we can. We are reminded that we do not have all the answers, and do need each other. In closing I will say 'this too will pass', in due time, and pray we will each one be better for having been through it.

Alice's essay has been abridged by the editor because of limited page space. If you wish to read the complete 4-page text, e-mail me at mollydsm@comcast.net. I will send you Alice's original PDF.

ART GALLERY NEWS



ames community
arts council

The Ames Community Arts Council (ACAC) has given Green Hills the Art in the Workplace award. During the year's COVID shut-down, the staff gave virtual connections to the arts via Zoom and the in-house TV channel. Docents from the Des Moines Art Center and University Museums engaged residents with virtual interactive presentations.

The Art Gallery Committee went into overdrive, displaying artwork created by children of staff for the Green Hills Seasonal Greeting Card competition. Next, seven Green Hills photographers filled the gallery walls. Then came the enormously popular show of artwork from the collections of 24 resident households. Resident artist Steve Howell installed 39 of his creations. Post-Covid, as art of outside artists returns to the gallery walls, the gallery will also continue to host installations of residents' art.

The next show in our Green Hills Art Gallery will go up on July 16.

Again, residents' collections (photography and art works) will be featured following an agricultural/rural theme: images of old farmsteads and machinery, rural architecture, and farm life are the kinds of things we're curating. Submissions are not limited to Iowa visuals. If you have a treasure to share, call a member of the art committee for a consultation.



The Art Gallery Committee

pictured l-r: Rae Reilly, Chair; Art Klein, Molly Ethridge, Carol Grant, Shala Ludley, Don Dyer, Barbara Bruene; David Gradwohl (out of town)

SWING, SWING, SWING!

Vanessa: Out From Behind the Reception Desk

The Chimes had some questions about our friendly receptionist Vanessa Siefken's hobby: Swing Dancing. Here are her answers: *—interview by Ed Ethridge*

What is swing dancing?

"Swing dance" is an umbrella term for a number of amazing dances that developed with the swing style of jazz music in the 1920-1950s. These dances include Lindy Hop, Charleston, Balboa, Collegiate Shag, and more. The swing beat is on 2 & 4 and those counts in the song get most of the action! My favorite is probably the jitterbug and especially the Charleston tandem! It looks amazing and is a blast to do!

Do you belong to a club? What is your group called?

We are involved in several different dance social groups but are not joined to a club; a lot of dancers even travel to Omaha and Chicago to dance for festivals and other fun events. Whenever you're at the Farmer's Market in Des Moines you may be lucky enough to see a "Lindy Bomb". A Lindy Bomb is a surprise dance breaking out with music in the middle of the street or anywhere! Some of the local groups are Dew Droppers, Step Into Swing, ISU Dance Club and of course Lake Robbins Ballroom Group is great!

What age constitutes the swing dance crowd?

The swing dance crowd is really all over the board. Most commonly I'd say we've seen from college age to 103! (Not to discourage the 104 year-olds, of course!)

This first picture is from our wedding when Kris did a dance move known as the throw. Basically, that's what it is: you throw your partner in the air for them to land in the middle of a circle of dancers! It's our second favorite move!



Continued on next page

Any dancers over 50 in your group?

Yes! In fact, when we dance at Lake Robbins Ball Room in Madrid, IA we are kind of the "young people"! We love it!

Under 12?

I don't think I've seen anyone yet that was under 12, except on YouTube, of course! I've tried getting my children to dance with us but have only succeeded a couple times.

Three popular swing dance tunes:

1. *In the Mood* by Glenn Miller is a popular classic.
2. *Swing, Swing, Swing* by Benny Goodman is another classic.
3. *Shim Sham* by Caravan of Thieves for a more modern swing song.

How did you and your husband get started swing-dancing? Is he any good?

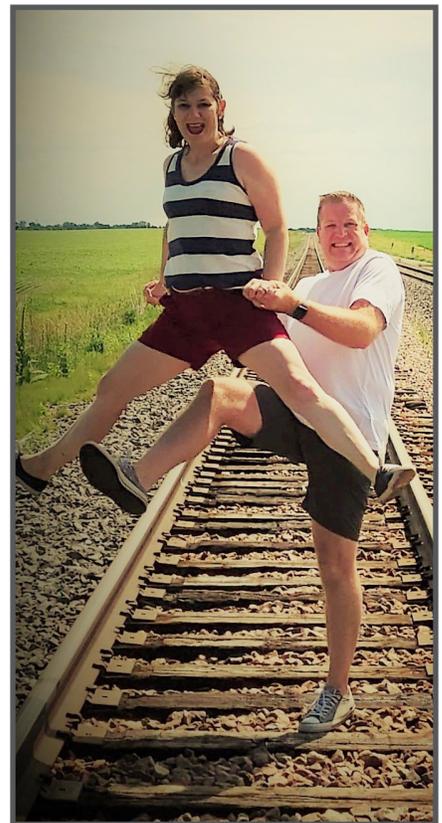
My husband is very good at swinging, he's a cool cat indeed!! So, in dancing you have to recognize that there are 2 parts. The lead and the follow. The lead has to be creative and choose the dance moves. In other words, I must follow EVERYTHING he does! Sometimes I can steal the move and make him stop in his tracks for a flashy move, but normally he has to decide it all. About 3 years ago I was browsing FaceBook and kept seeing these videos of awesome jitterbug dancing and was enthralled by it. I shared them with Kris and he decided he wouldn't mind learning either! After we found "Dew Dropper Swing" teachers, Jill & Travis in Des Moines, we were hooked!

Do you have pictures?

Yes! I've included a few!

This picture and the next are our favorite move that is great for dancing the tandem 1930's Charleston dance. The move is called the A-frame with a kick!

Continued on next page



Where do you go to dance? Des Moines? Locally?

Lately we've been dancing at Lake Robbins Ball Room (Madrid, IA). It has a nice big wooden dance floor and live bands that we love! We can Swing, Polka or Waltz to our hearts' content. Wineries are a great place to enjoy live music and dance too! We are currently learning the Cha Cha from Ft. Dodge Dancing instructor, Will, on Sunday afternoons. When we can't go anywhere, we dance in our garage or driveway!

Live music? Recorded? D.J.?

Live Big Band music, Oldies, Rock & Roll and Electro Swing are a couple of our favorite types. Our friend's band (Exit 113) is a hoot and lots of fun! We use our Alexa a lot to play music, and when we're feeling like really cool cats, we put a vinyl record on the player and dance in the living room.

Where do the other dancers come from?

Oh, typically the Greater Des Moines area.

Who comes the farthest?

Hmm, probably people from Chicago who visit every so often.

If I Googled "swing dancing" would I come up with any dancers from here? Who?

Hmm, maybe, I'm not really sure on that.

Who is your favorite couple locally?

Jill & Travis Belgarde with Dew Dropper Swing.



Again, another view of the A-frame with a kick!

Nationally?

Dietmar & Nellia Ehrentraut from Austria. We love watching this couple and have learned a lot from them!

Should we have a swing dance party at Green Hills? Could I do it with my walker?

Absolutely! A themed swing dance party would be the bee's knees! You could definitely shimmy the night away with your shoulders!

Thank you, Vanessa!

OUR BUS HAS A NEW LOOK

The Green Hills Bus got a makeover: an applied WRAP



Driver Side



Passenger Door Side

Ed's Cartoon Corner

"Landscaping?
I think we have
a rabbit problem
again this year..."

