

THE GREEN HILLS CHIMES



JUNE 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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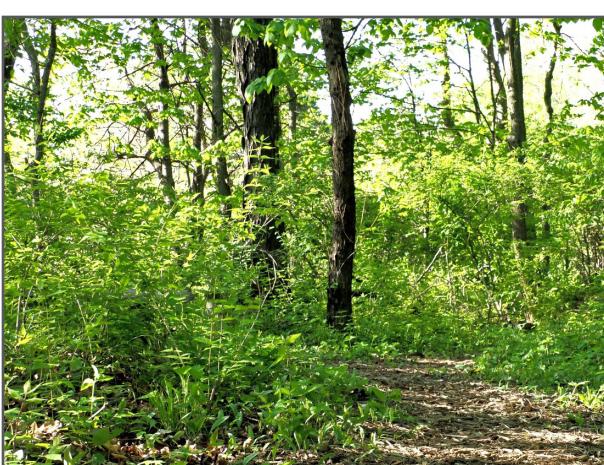
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Resident Honor
Continuing Ed
Cartoon

GHRA President's Message

A retirement community associated with Iowa State University was envisioned in 1976 by individuals associated with the ISU Alumni Association. Three years later a committee was appointed and a company formed to develop the concept. Following a false start, a new company and model (resident-owned community) were formed and construction of Green Hills started in 1985.

The first residents moved into townhomes in February, 1986 and into apartments in November, 1986. Construction of Timberland townhomes began in 1996. Assisted Living, the Wellness Center and the addition to the Health Care Center were occupied in 2012, the Maples in 2017, the ammenities addition, and the addition to the Wellness Center in 2019. We can take satisfaction that Green Hills has evolved as a significant member of the broader Ames community. Most importantly, it has become home for approximately 140 individuals, providing a lifestyle for healthy longevity.



Health care, memory care, skilled nursing, assisted living and home health care are available to provide a continuum of care for residents and are also available for individuals in the wider community. We provide space for meetings and use of facility for residents and nonresidents.

Individually, residents are involved as volunteers in the wider community and participate in many charitable organizations.

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We as current residents must remember that our valued community exists because of a great deal of effort by many committed individuals during the past 45 years. Respecting the past keeps us appreciative of the path we are on today but also aware of our responsibility for the community we pass on to forthcoming generations.

—Allen Trenkle, President GHRA

“Someone’s sitting in the shade today because someone planted a tree a long time ago”

Gazebo Reservations

With the warmer weather and outside events allowed per Covid guidelines, more people will be using the gazebo for various events—lunch with friends, meetings, conversations with neighbors, family, or friends, reading a book, etc. It is possible to reserve the gazebo to ensure that it will be available at a particular time. On one of the gazebo posts is a sign-up box that contains sign-up sheets and a pen. There is one sheet for each week—the current week and perhaps 3 or 4 weeks ahead. There are 7 columns (one for each day) and several rows (one for each hour). Simply turn to the page for the week of your event, locate the day of the week and the time (1 hour time slots are listed, but you may sign for more than an hour) and write your name in the appropriate box. Enjoy the great outdoors!

Gazebo
sign-up box
with forms



Street View
Gazebo
& Pond

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?



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 **June 2021**:
Apts: LaRue Clark 296-4045
Town Homes: Carolyn Jons 357-5214



New Books in our Green Hills Library

on the countertop by the windows

AUTHOR	TITLE	CATEGORY
Charles, Janet Skeslien	<i>The Paris Library: A Novel</i>	Fiction
Coster, Naima	<i>What's Mine and Yours: A Novel</i>	Fiction
Dultmeier, Jim & Lori with Nancy Sprowell Geise	<i>On Shattered Wings: A Family's Journey from Grief to Hope</i>	Biography
Gorman, Amanda	<i>The Hill We Climb: An Inaugural Poem for the Country</i>	Reference
Greenidge, Kaitlyn	<i>Libertie: A Novel</i>	Fiction
Johnson, Nancy	<i>The Kindest Lie: A Novel</i>	Fiction
Kennedy, Caroline	<i>She Walks in Beauty: A Woman's Journey Through Poems</i>	Books about Women
Napoli, Lisa	<i>Susan, Linda, Nina & Cokie: The Extraordinary Story of the Founding Mothers of NPR</i>	Books about Women

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AUTHOR	TITLE	CATEGORY
Peraino, Kevin	<i>A Force So Swift: Mao, Truman, and the Birth of Modern China, 1949</i>	History
Quotah, Eman	<i>Bride of the Sea: A Novel</i>	Fiction—paperback
Shapiro, B.A.	<i>The Art Forger: A Novel</i>	Fiction—paperback
Teichner, Martha	<i>When Harry Met Minnie: A True Story of Love and Friendship</i>	Biography

LIBRARY REMINDER: Spring Cleaning and GH library books

As you think about doing some spring cleaning in your home, it may be time to also check out your book collection. There may be a GH library book “lurking” in that collection that has not found its way back to the library. If so, please return it so others may have the pleasure of reading it. Our GH library does not require due dates for books in our collection nor do we have library fines. If you come across a library book that you have read but that didn’t make it back to the library, please return it. Thank you for keeping our books circulating for all GH residents.

NEW GH LIBRARY FEATURE: Books by Iowa Authors

For the next few months, there will be a display of books by Iowa authors whose works are in our GH library collection. The current display contains biographies written by Iowa authors. These books can be found on the back counter by the yellow Iowa Authors sign. Your library committee will change the books displayed during the coming months and encourage you to check out what is available.

If you have a favorite Iowa author and are not able to find their book(s) on our library shelves, the library committee may be able to help. Please list the author’s name and book title on the sheet next to the Iowa Author selection on the back counter. Recommended books will be considered by the GH library committee.

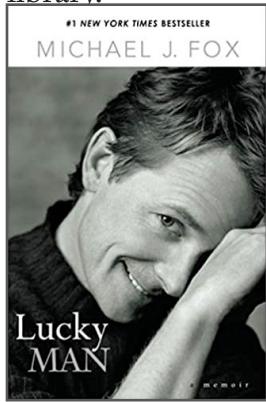
TWO BOOK REVIEWS

"Lucky Man" and "No Time Like the Future"

by Michael J. Fox

Reviewed by Ed Ethridge

Michael J. Fox became an actor to fulfill a lifelong dream. (The "J." was an add-on to his name when he discovered there was another "Michael Fox" starting in the movie acting business the same time he was.) He became a writer to explain his philosophy so others might benefit from it. His philosophy is simple: To welcome the future no matter what it brings. His books explain in detail how he has come to welcome the future. I've read two of them, "Lucky Man," a memoir, and "No Time Like the Future: An Optimist Considers Mortality." My neurologist recommended the Fox books. My wife, Molly, and I are re-reading them and will donate them to the Green Hills library.



"Lucky Man"

Fox was diagnosed with Parkinson's in his early thirties, a much earlier age than most, myself included. He'd begun a successful film career by then as he explains in "Lucky Man" and had no thought of having to deal with an incurable, "old man's" disease.

It began with a persistent tremor in one finger. At the time, he was making "Back to the Future Part III" in Florida. His New York internist was suspicious of the cause and sent him to a neurologist for an evaluation. The diagnosis was bad indeed: Early onset Parkinson's, a disease most people didn't contract until their sixties. His wife, Tracy, was "stunned and frightened," but steadfastly supportive.

The section of the book that follows looks at his upbringing. His father struggled to provide a living for his family in Vancouver suburb during the Depression. Life improved when his father joined the military, but moves were frequent. His mother recognized Michael was a "dreamer and the artistic type" and "worried what would become of him." A beloved grandmother was more prescient: "Don't you worry about Michael."

A high school drama teacher alerted him to an acting opportunity at a local television station. He auditioned and was selected. He was bitten. He left high school for Hollywood his senior year.

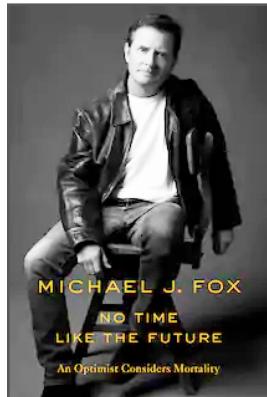
For a time he lived in the "slums of Beverly Hills" going from audition to audition. Not much happened until the television show, "Family Ties." He won the role of "Alex," the teenage son, so convincingly that the writers turned the show's focus away from the parents and onto him. A Hollywood agent, a seven-figure salary and a yard full of expensive cars followed. Then "Back to the Future" and suddenly he was rich and famous enough to attract the attention of Steven Spielberg, Jay Leno and Princess Diana.

Michael met and fell in love with fellow actress Tracy Pollan in the summer of 1985. They were married July 16, 1988, and Michael began to end his unhealthy relationship with alcohol.

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For seven years he told no one of his ailment as we went from neurologist to neurologist seeking a different opinion. None was to be had. During this time, he hid his physical symptoms. He worked and hoped.

"Exasperation, frustration and fear were my constant companions" during the early days of his Parkinson's diagnosis. It wasn't until 1998 that he revealed his Parkinson's to the world—seven years after his diagnosis. With the unswerving support of his wife, family, and friends, he has dealt with his illness. He talks about what Parkinson's has given him: the chance to appreciate a wonderful life and career, and the opportunity to help search for a cure...He feels as if he is a very lucky man indeed.



"No Time Like The Future:" An Optimist Considers Mortality

The introductory chapter describes a disastrous fall that might have undone a recently performed surgical repair to Fox's back. His left arm is shattered in the fall, but, if he has re-injured his back, he may have to learn to walk all over again.

To be such a hard luck guy, it's difficult to understand his optimism. After all, he's a two-time loser medically: early onset Parkinson's and a spinal tumor later in life. Reading this book, we learn that the steadfast support of friends and family...and almost militant optimism...saves him from despair and, perhaps, death. And he has one more gift he claims to share with his oldest son, Sam: "an appreciation of the absurd."

Career-wise, he bemoans that "at age forty, my symptoms had advanced to a point I deemed career-ending." "Tremoring and swaying with dyskinesias" he waited out his career for two years until a friend from "Spin City" days invited him to join the cast of "Scrubs," a medical comedy set in a dysfunctional hospital. Playing "Dr. Casey, an eccentric neurosurgeon with obsessive-compulsive disorder," he learned he could "stop trying to hide my symptoms." Henceforward, he "invited Parkinson's to the set with me." His revelation about himself: "I can portray any human being, and some animals, as long they have Parkinson's disease."

His new insight into himself led to more acting work and more family life. Over the last decade, he has managed to expand his Michael J. Fox Foundation to become the largest contributor to Parkinson's research in the world.

The only flaw in this upward story is a compound one: After living with Parkinson's some thirty years, he is diagnosed with a spinal disorder so serious he can find only one neurosurgeon willing to operate. The operation was a success, but, over-confident from his recovery, Fox makes a wrong turn in his kitchen, falls, and shatters his left arm.

Both books reviewed above are recommended must-reads for anyone afflicted with any incurable disease, but especially Parkinson's. As for the general audience, both books speak with the voice of good-humored experience that all will enjoy. As I read them, I felt close to the author, Michael J. Fox, not so much as a movie and television celebrity, or even an author, but as someone who affirms that, when it comes to leading a successful life, attitude is everything.

—Ed Ethridge

The Green Team Thanks GH Donated Recyclables

The Green Team is grateful to all residents who contributed small electronics during the month of April. 100% of the proceeds from donations to the recycling program at Blank Park Zoo go to reforestation and conservation efforts in the Democratic Republic of Congo, including the Ituri Forest and the GRACE Gorilla Sanctuary. Thank you for your help in filling the box!

From the Yes2HealthyLife Committee: WHAT ARE TELOMERES?

Within the miracle of our body cells lies a component called chromosomes. At the ends of each are stretches of DNA called Telomeres. Telomeres help protect the ends of our chromosomes from damage of fusing with nearby chromosomes and help reduce the effects of aging.

DNA shortens each time a chromosome replicates itself. As they replicate our telomeres shorten, which is a major contributor to the aging process and development of disease.

Shorter telomeres are associated with an increased risk of cancer. Some cells like those found in the skin, hair and immune system are most affected by Telomere shortening because they reproduce more often.

Research shows that telomeres can actually lengthen, thanks to an enzyme called telomerase. Lifestyle factors such as a healthy diet, getting regular exercise, and managing stress can keep them robust. A plant rich diet that includes plenty of vegetables, fruits and whole grains can “protect and preserve your Telomeres in a natural and healthy way.”

The antioxidants they contain act as an off switch to the oxidation-inflammation process by breaking the chain of reactions that leads to cell damage. The Mediterranean diet and DASH eating patterns have been tied to both lower rates of inflammation and longer telomere length. Foods that are sources of pro-inflammatory compounds and have high amounts of saturated fats negatively affect the immune system. (chips, fast food, too much salt, added sugars, and unhealthy fats.)

Sources: Healthline: What's the relationship between telomeres and cancer?

Eating Well: May 2021 – What is Aging Anyway?

Research:

Patricia Opresko, PhD. Univ of Pittsburgh and UPMC Hillman Cancer Center.

Kaszubowska L. Telomere shortening and ageing of the immune system. Journal of Physiology and Pharmacology. 2008;59(Suppl 9):169-186. —*Chimes article by Susan Fales*

4-H * CAMERA CORPS

Iowa 4-H Camera Corps is a talented group of selected youth photographers working together to capture beautiful, powerful, and unique photographs across the state of Iowa. Camera Corps is an opportunity to creatively explore something that may be new to you while having fun using photography and social media.

As part of monthly challenges, a photography topic/theme is provided with different subject matters as the primary focus. Youth enjoy the tasks and have learned from taking photos with a theme in mind.

PEOPLE'S CHOICE
At the end of each month, assignment submissions are placed in a photo gallery on the Iowa 4-H Facebook page. The gallery is then opened to the public voting to determine the "People's Choice" winners. The top 10 photos with the most votes at the end of the voting period are selected.

JUROR'S CHOICE
A panel of professional judges evaluate the photo entries and select the "Juror's Choice" winners.

FOLLOW CAMERA CORPS
@Iowa4H @Iowa4HExtension Iowa4H

4-H CAMERA CORPS MEMBERS WILL:

- Gain a better understanding and appreciation of photography
- Engage in innovative and exciting projects
- Develop new photography skills and techniques
- Take part in hands-on workshops and activities

GALLERY EXHIBITIONS
We are in need of gallery spaces around the state for our members to exhibit their work. Exhibition spaces should be large enough to accommodate a reception area where youth and families are invited to view the work. Contact Clark Colby, colbyc@iastate.edu.

JOIN IOWA 4-H CAMERA CORPS!

Iowa State University Extension and Outreach does not discriminate on the basis of race, color, national origin, gender, age, disability or any other protected class. Discrimination inquiries should be directed to the Title IX Coordinator, 515-296-5494.

IOWA STATE UNIVERSITY
Extension and Outreach

Clark Colby hanging his protégés' photographs in our gallery.

ART GALLERY NEWS

Clark Colby's show of his 4-H photography "Camera Corps" honorees is in our Art Gallery now. These photographs are remarkable in detail — the theme is "Texture." Keep in mind that the students behind the camera lenses are 4-H participants from around Iowa using not only higher-end lenses but also ordinary cell phone cameras.

The show will be in our gallery until mid-July.



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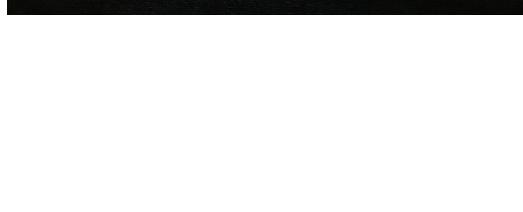
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THE RESULTS ARE IN:

Newly-elected to our Board of Directors:



Suzan Shierholz

and...



Jerry Hall or Joan Mathews



Continuing members, Board of Directors: Alan Atherly, President; Carol Volker, Clete Mercier, Joan Herwig, Warren Madden; Pamela Cain & Dan Krieger, non-residents

Newly-elected to the Advisory Council:



Arlene Boyington



Paul Brackelsberg



Carolyn Jons



Katie Pattee*



Cliff Smith*

Continuing members, Advisory Council: Herb Harmison, Ann Hein, Ruth G. Larson, Kelly Tobin, Norma Speer, Jerry Hall, Beverly Kruempel, Larry Mitchell, Rae Reilly, Maureen Wilt

* Elected to a consecutive 3-year term



A highlight for Green Hills resident Carolyn Jons: A member of Ames Morning Rotary Club, she received the International Service Above Self award, an award limited to 150 members worldwide.



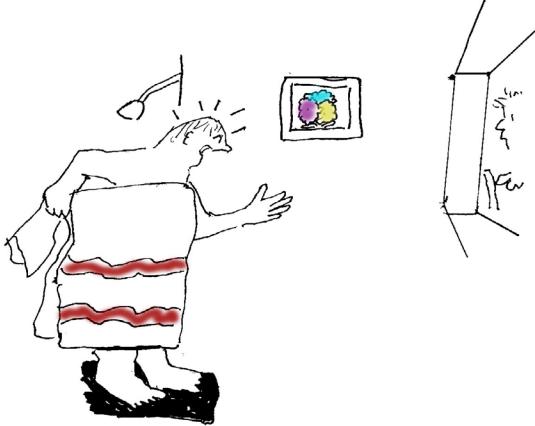
Continuing Education: Rare Earth Materials

Wednesday, June 9, 10:00 a.m. in the Theater



June's topic will be about Rare Earth Materials by Dr. Iver Anderson. This will be an opportunity to hear from one of Iowa State's most valuable researchers and learn about the materials that make it possible to enjoy today's technology with limited impact on the planet. Dr. Anderson is known worldwide for his contributions to our daily life.

Ed's Cartoon Corner



*"Window Washer Whoop"
– The sound of a resident
who's forgotten
it's window cleaning day...*