

# THE GREEN HILLS CHIMES



MAY 2022

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:

**1-2**

President's  
Letter

**3**

New Books

**4**

Art Gallery Show

**5**

Food Committee

**6**

Resident Interview

**7**

Spring Photos

**8**

Cartoon

## **GHRA President's Message**

By the time you read this you have had an opportunity to review the draft of the 5-year Strategic Plan. If you have comments or suggestions for additions, deletions or corrections please contact Charles Kniker, Paul Brackelsberg or myself as soon as possible. The schedule is to bring the Strategic Plan to the joint Board meeting in May for their consideration. There is still time to make corrections, additions, deletions or comments.

Remember the 5-year Strategic Plan document is the product of seven different Task Forces and is the input from over 50 of your fellow residents. A big thanks to all those residents and staff who devoted time to this endeavor! Many meetings and interviews were held to accomplish what is in the draft documents. It represents the collective thinking of those involved to accomplish our mission, vision and values. (See Page 10 of our 2022 Resident Handbook)

We are delighted that spring is here. The robins singing and the trees budding are a welcome sight. We all look forward to outdoor activities.

The Grounds crew will be making our campus more beautiful each day. They will be getting grass to grow along Hamilton Drive where damage occurred during road repair and resurfacing.

For those of you with pets, please keep the animal droppings picked up to help keep our campus pristine.

The maintenance crew will be scheduling roof replacement, sunroom renovation and new siding on some townhomes. Some townhome windows will be replaced as per schedule and Oaks windows will be replaced in the fall. There are many more projects that will be completed.

*continues on next page →*

Finally, a word about sustainability is essential. As costs increase with inflation (over 8% now) and in order to stay competitive in the market for employees, our monthly fees are going to increase accordingly. The only way to moderate the increase in monthly fees is to add more residents to help pay the bills. This means we must grow. An addition to the Maples with 16 new apartments would provide about 10% more operating income which would keep your monthly fees from increasing as rapidly as they will under current conditions. When the opportunity for growth exists, I hope your vote will be positive.

With best regards to all, I always welcome any questions, comments or suggestions.



Where's Vikki?



Where's Carole?

*Answers on next page.....*

## The Green Hills Chimes

### Publisher:

Green Hills Residents Association  
[ghoffice@greenhillsrc.com](mailto:ghoffice@greenhillsrc.com)  
2205 Green Hills Drive, Suite 100  
Ames, IA 50014  
515-357-5000

### Editor: Molly Ethridge

[mollydsm@comcast.net](mailto:mollydsm@comcast.net)

### Committee & Proofreaders:

Jerry Hall, Barbara Munson, Phyllis Seim, Anne Durland

### Submissions Deadline:

15<sup>th</sup> of each month.  
(No January Chimes)

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:  
Paula Toms x5141  
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:

### Contacts for May 2022:

Apts: Fran Berger, x5153

Town Homes: Joyce Mercier, x5147



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

AUTHOR	TITLE	CATEGORY
Frankopan, Peter	<i>The Silk Roads: A New History of the World</i>	History
Haig, Matt	<i>The Midnight Library: A Novel</i>	Fiction
Miller, Madeline	<i>Circe</i>	Fiction
Mitchell, Jeff	<i>Stone City</i>	Fiction
Moriarty, Liane	<i>Nine Perfect Strangers</i>	Fiction
Purnell, Sonia	<i>A Woman of No Importance: The Untold Story of the American Spy Who Helped Win World War II</i>	History

On a recent road trip with friends, Vikki Morain pulled off the interstate at the Cadillac Ranch near Amarillo, Texas. It is a 1974 public art installation of 10 cadillacs buried nose-down in the Panhandle clay. Anyone with a can of spray paint can release their inner Jackson Pollock for a while!

*Answers to photos p. 2:*

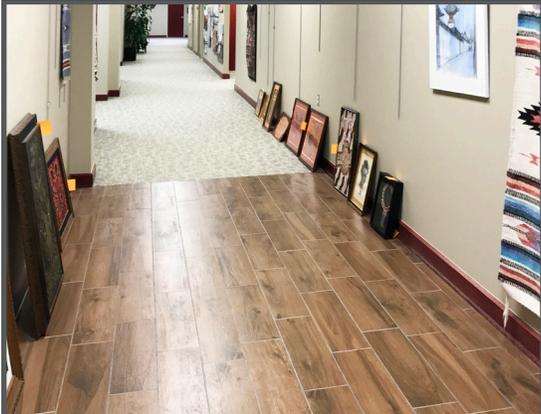


Carole Magilton was on the April GH bus trip to Pella, Iowa, to sample some Dutch traditions and see the tulips in bloom.

## ART GALLERY NEWS

The current exhibit in the GH art gallery hall is proving to be very popular, and is starting many conversations. It will continue to be up until May 13.

The Art Gallery Committee has spent several months curating residents' collected objects that fit in with the show's theme of "Honoring the art of indigenous people of the world."



Hanging the show: arranging and then rearranging pieces against the wall along the floor helps decide on a captivating visual placement.



The variety of objects is surprising. Our residents have traveled widely, and appreciate important artifacts to bring home.



The hand-made small model kayak is a visual treat, even in its detailed interior.



This Guatemalan mola is graphically of special interest. It features the caduceus, a universal symbol of medical practice, and in fact was brought home to hang on the wall of a medical family here.



Giraffes from Kenya are carved in exotic ebony.

## From the Food Committee: BREAD IN THE GRILL & LE BISTRO

Many of you have voiced an interest in receiving more nutritional information about items at the GH Grill. Frequent questions and comments are made regarding the sodium level and calorie content of the various breads utilized. The GH Grill and Le Bistro use thick cut wheat, sourdough, and marble rye for sandwiches, paninis, and toast. However, thin sliced versions of these breads may also be available, you just need to ask your server to check. A thinner slice would reduce the nutrition content by half. Regarding buns on the new spring menu, pretzel buns are replaced by ciabatta buns. You can see the difference in nutrition content below. The GH kitchen is having difficulty with supplies and finds it more difficult to procure certain items on a regular basis, one of them being whole wheat buns or breads. Rotella is the main brand utilized for majority of the breads and buns used at GH.

TYPE	Amt	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Added Sugar (g)	Protein (g)
Sourdough, thick slice	1 slice	150	4.5	260	45	2	3	6
Wheat, thick slice	1 slice	180	3	300	32	2	4	6
Marble Rye, thick slice	1 slice	160	2.5	260	27	1	0	7
Hoagie Bun	1 bun	230	2.5	430	42	2	1	9
Breadstick	1	110	1	220	21	<1	0	4
Pretzel Bun	1 bun	250	4.5	260	45	2	3	6
Gluten Free Bun	1 bun	200	6	370	37	5	5	4
Ciabatta Bun	whole bun 4.5 oz	220	3	460	40	2	2	8
Homestyle Brioche Bun	whole 4" bun	240	4	380	41	1	5	9

If you are concerned about sodium, calories, or any other nutrition content, you may ask the server about switching to thinner bread or an alternative bun of your choice. For example, one thick slice of wheat bread has 300 mg of sodium and 180 calories. It's obvious just the bread in a sandwich would amount to 600 mg of sodium and 360 calories. The American Heart Association recommends no more than 2,300 milligrams (mg) a day and moving toward an ideal limit of no more than 1,500 mg per day for most adults.

This article was compiled by your Green Hills dining committee in consultation with Courtney Bieze, registered dietitian. The committee plans to have periodic articles in the Chimes as part of our education goals. Please contact Bev Kruempel or Myrna Whigham (members of your dining committee) with any questions or comments you would like addressed in future articles. Courtney would also be pleased to hear your suggestions regarding all things related to our dining services via the comment boxes located across from the Bistro or at the Grill pick up food area.

## Resident Interview: Myrna Whigham

Are you a world traveler? Then it is quite possible you have crossed paths with retired Myrna Whigham, a master science teacher, and her husband, Keith, a soybean consultant for the Department of Agriculture. Together, they have visited 120 countries professionally and personally.

**Africa:** You might have come across them in Uganda where Keith was on assignment. Myrna had her first baby on a wooden board as is the custom there. There were other difficulties: the nearest grocery store was 120 miles away. But she remembers fondly her teenage houseboy who harvested their vegetables from a community garden. She recalls that he prepared and froze for them the most delicious banana bread made from whole stalks of bananas, which he also harvested. Their meat came from animals on a nearby research farm. Food had to be cooked from scratch; markets were open-air. Myrna recalls with amusement that children did not wear clothes, and some adults did either. No wonder: to rid clothes of insect pests, all clothing, including diapers, had to be ironed.

When Keith was gone on a consulting assignment, Myrna entertained herself with an American friend who had a baby the same age as hers.

It was the threatening words and acts of President Idi Amin that finally led to the Whigham's departure from Uganda.

**Czech Republic:** A trip to Frydek-Mistek in the Czech Republic ranks as one of Myrna's favorites. Recognize the name? It's the partner city to Ames! She went there as an escort to a group of students assigned to do their student teaching there. One of her first and most enjoyable friendships was with the manager of the school she was visiting. Her friend introduced her and her students to a much freer style of teaching and learning in the Czech Republic. Her experiences included:

- finding beer in the school's vending machines and alcohol in the teachers' lounge;
- watching entirely unsupervised students behaving well in the cafeteria;
- witnessing marijuana being smoked at a school dance with no disruption;
- learned that completely unstructured trips to the mountains were to help students become familiar with the beauty of their country;
- being made aware of the student requirement to visit an elder to learn what life under communism was like. A visit to Auschwitz in neighboring Poland was also a required learning experience;
- finding that cultural understanding was achieved with only lightly structured trips to major European cities.

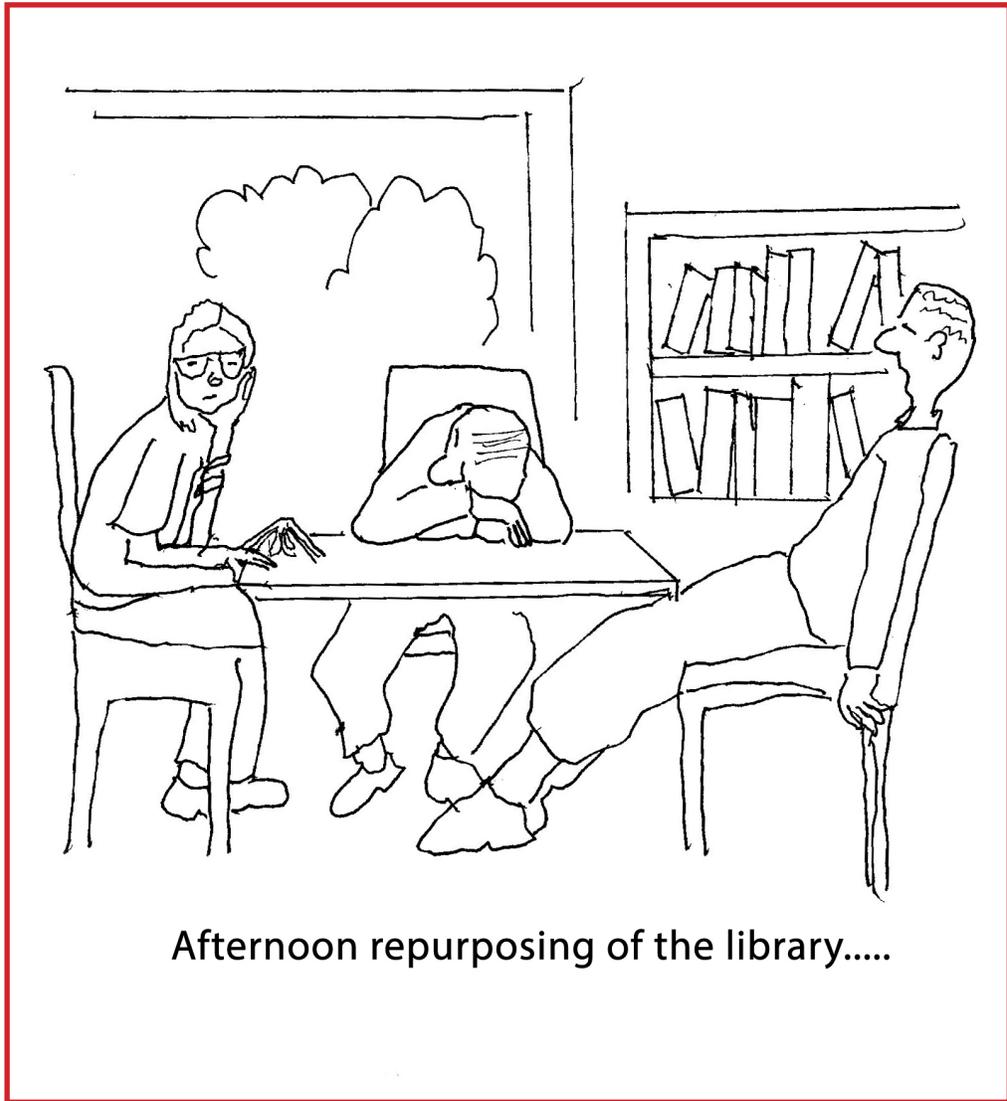
The sum of this experience is that Myrna and her friend agreed to start a student exchange program and formed a Rotary Club for that purpose. They did — and it happened.

You're good for America, Myrna, and a tribute to Green Hills. —Interview by Ed Ethridge

# FROM ALLEN TRENKLE'S CAMERA: SPRING AT GREEN HILLS



Ed's  
Cartoon  
Corner



Afternoon repurposing of the library.....