

NEWS AND ANNOUNCEMENTS

March 2021

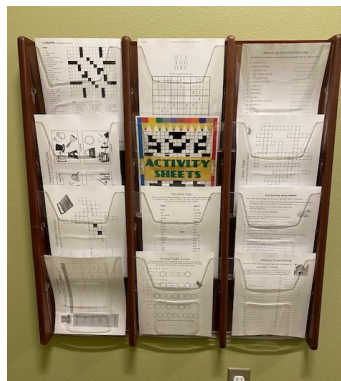
CONTINUING EDUCATION LIFE PLANNING SEMINAR Wednesday, March 10 at 10:00 AM Community Room & Zoom

This seminar will address those topics that we, or our loved ones, may have questions about. Attendees will learn about items to consider in pre-planning their funeral such as service types and funding options. Please come prepared with your questions and thoughts so that Savannah Preul, Pre-Arrangement Specialist, can address them.

Savannah will present on zoom from the Community Room. You have the option of watching in-person or via zoom. Sign up in the bus book to watch in the Community Room. A zoom link will be sent out by email to residents the day before the presentation. If you have any questions you want Savannah to answer, you can let Stacie (Leisure Services) know prior to the program or you can ask at the presentation.

ACTIVITY SHEETS

Beginning March 1st, the activity packets will be available in single sheet format to pick up in the mailroom next to the outgoing mailboxes. We will continue to supply a variety of puzzles including, but not limited to: sudoku, word search, crossword puzzles, word scramble, math puzzles, anagrams, trivia, and coloring pages. The holder will be updated at the beginning of the month and mid-month. Answers to some of the puzzles will be on the back page of each individual sheet.



IN MEMORY

Our heartfelt sympathy goes out to the family and friends of
Ruth M. Larson.

HAPPY BIRTHDAY TO YOU!!!

Janet Beer 3-1
Jean Humphrey 3-2
Cindy Wahl 3-2
Ann McMullin 3-4
Ron Feilmeyer 3-5
Joe Ludley 3-10
Norma Speer 3-12
Deborah Blaedel 3-15
Clete Mercier 3-17
Betty Kinzler 3-18
Anne Durland 3-21
Dixie Jensen 3-21
Ruth Chapman 3-23
Jean Griffen 3-24
Kathryn Andre 3-25
Cindy Dobson 3-27
Irene Tobin 3-29

The Lindens

Christine Freeman 3-4
Haroldean Gorman 3-15

Health Care Center

Will Talbert 3-8
Marge Bowen 3-19
Martha Anderson 3-24

Cedar Court

Daisy Dekalb 3-4
Sara Mitchell 3-6
Max Townsend 3-19

UPCOMING ACTIVITIES

Activities are subject to change with current state of the campus.

SING-ALONG WITH CLIFF & CAROL

Friday, March 12 at 3:00 PM

Community Room

We had such a great time singing last month, that we are doing it again. We will be using a different song book this month. If you're not interested in singing along, you can always come and just enjoy the music. **Sign up in the bus book attend this sing-along.** Residents need to wear masks and social distance. A big thank you to Carol Deppe for playing the piano and to Cliff Smith who leads us in song.



Sensory Garden Club Meeting

Tuesday, March 16 at 9:30 AM

Pine Meeting Room

The Sensory Garden Club will meet in the Pine Meeting Room on Tuesday, March 16 at 9:30 AM. If you are interested in helping in the Sensory Garden or giving advice on plants, you are encouraged to attend the Sensory Garden Club meetings. This club maintains the Green Hills Sensory Garden located across from Parking Lot B. Club meetings are typically held the 1st and 3rd Tuesday of the month at 9:30 AM from April through October depending on the weather. When the weather is nice, the meetings turn into work days in the Sensory Garden. Once the soil is worked and planting is completed, the remainder of the season we deadhead, water and enjoy the surroundings together. All are welcome. Spring is just around the corner!



MUSIC WITH K & L DUO

Wednesday, March 17 at 3:00 PM

Community Room

Celebrate St. Patrick's Day with music played by Kathy Cline and Larry Pedigo. Kathy plays the keyboard and Larry is on the saxophone or clarinet. They play favorites from the 30s and 40s. **Sign up in the bus book to enjoy the music in the Community Room.** This music will NOT be live streamed or recorded.

SCATTERGORIES

Wednesday, March 24 at 3:00 PM

GH THEATRE

Scattergories is a creative-thinking category based game. The objective is to score points by uniquely naming objects within a set of categories given an initial letter.

There is a time limit so you need to move quickly through the list. Join Stacie in the GH Theatre for this fun, entertaining game.

The picture to the right is an example of the categories and you can see that the handwritten answers all start with the same letter. The goal is to have an answer different from other players.



LIST 1

1. A BOY'S NAME
2. U.S. CITIES
3. THINGS THAT ARE COLD
4. SCHOOL SUPPLIES
5. PRO SPORTS TEAMS
6. INSECTS
7. BREAKFAST FOODS
8. FURNITURE
9. TV SHOWS
10. THINGS FOUND IN THE OCEAN
11. PRESIDENTS
12. PRODUCT NAMES



ONE

1. CARMEN
2. CHICAGO
3. COLD CUTS
4. CALCULATOR
5. CARDINALS
6. COCKROACH
7. CEREAL
8. COUCH
9. CHEERS
10. CRABS
11. CARTER
12. CHEVROLET

MORE INFORMATION

GROCERY SHOPPING TRIPS TIME CHANGE UPDATE



The bus will go to the grocery store at 8:00 AM on Monday, March 1st to HyVee and Thursday March 4th to Fareway.

Beginning Monday, March 8 the grocery bus will return to its previous schedule with a departure time from Green Hills at 1:30 PM.

HYVEE: March 8, 15, 22, 29 at 1:30 PM

FAREWAY: March 11, 18, 25 at 1:30 PM

Sign up in the bus book to ride the bus to the grocery stores. The bus picks up apartment residents at the main entrance and will pick up townhome residents at their driveway. Masks are required.

HEARING AID CLINIC

The Hearing Aid Clinic is scheduled for the second Tuesday of every month from 9:30 AM—11:00 AM in the Wellness Clinic. The next scheduled clinic is Tuesday, March 9. Call Kaylee at x5013 if you would like to be seen.

PRONOUNS

Green Hills employees will be given the option of displaying their pronouns on their nametag. Younger Americans are more likely to be familiar with the use of gender-neutral pronouns. Pronouns are the second most widely used way to refer to others. Accurate pronoun use is as important as knowing and pronouncing someone's name right. Not everyone who presents femininely will respond to she /her /hers. Not every masculine-presenting person uses he /him /his. You may be seeing pronouns added to employee nametags or on email signatures.

REMINDER FOR SIGN UPS

Socials, movies, and exercises, require signing up through Sign Up Genius or contacting staff (Stacie, Brett, or Receptionist) to sign you up.

To sign up on Sign up Genius: click on a box in the time slot you want to sign up. Hit submit at the bottom. Then fill out your name and information, number of people, email (optional) and select submit again. You have to hit submit twice!

CAPACITY CHANGES

Beginning March 8th we will be increasing the capacity size of the GH Theatre and the Community Room. Twenty residents will be able to attend movies and presentations in the Theatre. The Community Room will increase to 30 residents for presentations and music performances. Masks are required in both of these venues.



FIRST NATIONAL BANK HOURS

First National Bank has returned to Green Hills. Designated Green Hills hours for First National Bank are on Tuesday and Thursday mornings from 9:00 AM —11:00 AM. Their office is located in the hallway leading to the Community Room. **Masks are required to visit the bank.**

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ROLE CHANGES IN STAFF

ASSISTED LIVING & HOME HEALTH SUPERVISOR—LAUREN PEARSON

Hi, I am Lauren Pearson and I began working at Green Hills in August of 2020 as a charge nurse in the Healthcare Center. My first day was actually the day of the derecho! Most of my time spent in the Healthcare center was in Cedar Court Memory Care. During my time there, I passed medications, performed assessments and was able to get to really know the residents, which was my favorite part!

In 2007 I received my RN degree from Iowa Central Community College in Webster City. A few years later, I decided I wanted to get my Bachelor's Degree in Nursing and I graduated with my BSN from Upper Iowa University in 2016. My work experience includes working as a CNA in high school and college in an Assisted Living. I really enjoyed my time there and met some great people and lifelong friends. As a Registered Nurse, I've worked in orthopedics (both hospital and surgery center), labor/delivery and postpartum care (moms and newborns) and scheduling for a pain clinic.



I grew up in the big city of Kelley, Iowa. We are "famous" for the phone booth. I didn't move far from home and now live in Huxley with my husband, Nick, and our four children: Bria-8, Lucas-6, Gretchen-5 and Nora-17 months. We are a busy household! Pre-covid-19 we enjoyed going to the Slater pool, going to movies and the park but we have become accustomed to spending more time at home with our cats and dog and playing in our backyard. When I'm not busy wrangling the kids, I like to go bicycling, gardening and (when we were able to) go to Iowa Cubs and Iowa State games with my husband. (Even though he's a Hawkeye fan-he's a good sport!) Gooooo Cyclones!

I am excited for this opportunity as the Coordinator for Assisted Living and Home Health. I am really enjoying my time in this new position and am grateful I have been given this opportunity. Thank you everyone for being so welcoming! I love working with the residents of Green Hills and how well everyone works together. Green Hills is truly a professional and caring environment.



ENVIRONMENTAL SERVICES SUPERVISOR—TAYLOR FLEGE

Hello! My name is Taylor Flege and I have been working at Green Hills since September of 2012. I started out in the Lindens as a Resident Aide. I worked in the Lindens from 2012—2019. I then made the transition to the Health Care Center as a certified nursing assistant (C.N.A.) and a certified medication aide (C.M.A.) in August of 2019. I just recently accepted the Environmental Services Supervisor position, replacing Caitlin E. and will officially take over March 1, 2021. I am so excited for this opportunity and to get to know the independent living residents better. My job duties will be to oversee infection control, deep cleaning services, organizing housekeeping schedules for independent living and health care, order supplies and update inventory, and work along side maintenance to complete work orders.



Please call or email me with any questions, recommendations, or concerns. My office number is x5026 or email: taylorf@greenhillsrc.com.

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