



# The Green Hills Chimes

MARCH 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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## GHRA President's Message

In March 2020, because of a rapidly spreading viral infection, our social activities began to be limited to virtual meetings and interacting with others while social distancing. Few, if any, of us would have predicted that a year later we would still be dealing with that emerging global pandemic. Since this was a new virus with limited scientific knowledge about how to remain safe, buyers soon emptied store shelves of disinfectant wipes, hand sanitizer and toilet paper. As health authorities gained experience with the virus, more reliable recommendations were given to minimize the chance of infection, allowing resumption of some events that had been stopped. Scientists using basic knowledge of nucleic acids, proteins and the immune system that had been gathered over several decades soon developed a new approach to rapidly produce vaccines to combat the virus. Now, 11 months later, we have been fortunate to be among the initial groups to have the opportunity to receive the vaccine. Much remains unknown about the long-term response to the vaccine and it will take time to sufficiently immunize the US population, so we have to maintain patience before returning to all of our pre-pandemic activities.

Most of us likely want to conclude 2020 was not a good year and want to forget it. However, from the perspective of Green Hills as a retirement community, there were a number of significant accomplishments during fiscal 2020. Actual net operating incomes for both the Residents' Association and the Health Care Center exceeded what had been budgeted. Sixteen properties were sold. Occupancy in Health Care declined somewhat as COVID-19 began, but the average for the year was near budgeted expectations. Based on employee feedback, Assisted Living and Home Health was the #13 Top Workplace in the Des Moines Register and Best of Story County. The Health Care Center received a Five Star overall rating. There was

a 22.7% turnover among 74 full-time employees, the lowest in 13 years of tracking the turnover rate. Use of iPads in Environmental Services and telehealth in the Health Care Center were implemented. Development of policy by staff and commitment of employees prevented COVID-19 becoming a catastrophe for Green Hills.

Individually, perhaps many of us made changes that might be beneficial for our wellbeing such as becoming more aware of our health, increasing interaction with family and loved ones, acquiring a new hobby and developing or resuming music, painting or drawing talents.

—Allen Trenkle



## Continuing Education: Life Planning Seminar

Wednesday, March 10,  
10:00 a.m.

Community Room

Savannah Preul, a local pre-arrangement specialist, will address topics on which we, or our loved ones, all have questions. Attend-

ees will learn about the items to consider in pre-planning their funeral such as service types and funding options. Please attend this important seminar with your questions and thoughts. Savannah works for Adams Funeral Home, but the services she is talking about can be arranged with any company / funeral home.

### The Green Hills Chimes

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15<sup>th</sup> 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?

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 **March 2021:**

Apts: Fran Berger 357-5153

Town Homes: Paula Toms 357-5141



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

AUTHOR	TITLE	CATEGORY
Atkins, Ace	<i>Robert B. Parker's Someone To Watch Over Me</i>	Fiction
Cosby, S.A.	<i>Blacktop Wasteland: A Novel</i>	Fiction
Cronon, William	<i>Nature's Metropolis: Chicago and the Great West</i>	History
Fluke, Joanne	<i>Raspberry Danish Murder</i>	Fiction
Grisham, John	<i>A Time for Mercy: A Novel</i>	Fiction
Hamilton, Steve	<i>Die a Stranger: An Alex McKnight Novel</i>	Fiction
Hannah, Kristin	<i>The Four Winds</i>	Fiction
Harmon, Amy	<i>Where the Lost Wander</i>	Fiction
Joshi, Alka	<i>The Henna Artist: A Novel</i>	Fiction
Kruse, Kevin M.	<i>One Nation Under God: How Corporate America Invented Christian America</i>	Econ/Govt

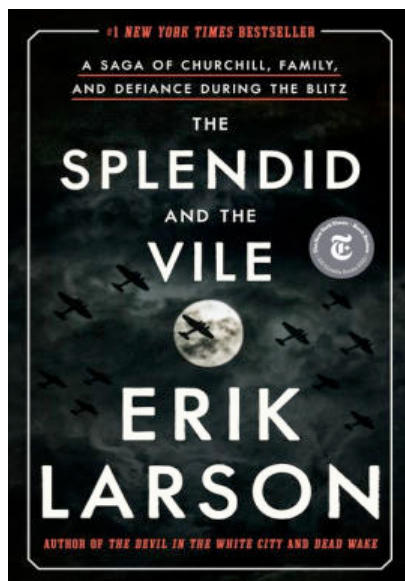
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AUTHOR	TITLE	CATEGORY
McCain, John & Mark Salter	<i>The Restless Wave: Good Times, Just Causes, Great Fights, and Other Appreciations</i>	Econ/Govt
Obama, Barack	<i>A Promised Land</i>	Biography
Patterson, James	<i>Texas Outlaw</i>	Fiction
Rice, Susan	<i>Tough Love: My Story of the Things Worth Fighting For</i>	Biography
Sloan, Robin	<i>Sourdough: A Novel</i>	Fiction
Tan, Amy	<i>The Valley of Amazement</i>	Fiction large print
Vrba, Rudolf	<i>I Escaped from Auschwitz: The Shocking True Story of the World War II Hero Who Escaped the Nazis and Helped Save Over 200,000 Jews</i>	Biography
Wingate, Lisa	<i>The Book of Lost Friends: A Novel</i>	Fiction large print

**Reminder:** The Chimes welcomes creative submissions and resident news. The preferred transmission is by e-mail attachments to the editor, mollydsm@comcast.net. Alternatively, hard copies may be left in Molly Ethridge's mail cubby, Maples 1407.

## BOOK REVIEW: The Splendid and the Vile By Erik Larson



Don't let the size of this book discourage you from reading it. The author is Erik Larson who has written such fine books as "Dead Wake," "The Devil in the White City," and others. This is an account of the first year of Winston Churchill's service as Prime Minister of Great Britain as Hitler is attempting to conquer the world, starting with countries in Europe and then most assuredly England next.

This is not simply a discussion of the history of that year that has been quite thoroughly researched and published by others, but is also a more personal account of Churchill's brilliance in leading the British people during this time, as well as his own eccentricities and details of his family and friends' activities during this period.

The book is written through the use of recently released intelligence papers, and of diaries, journals, letters, etc., that offer insights into his relationships with his colleagues, staff, family, friends and those he has called to service with him. His time as Prime Minister literally began with removal of British soldiers from Dunkirk, using almost everything that floated to save them. It continues through the bombing by the Luftwaffe during the Blitz, and, sometimes, the viewing of this terrible sight from the rooftops of London amid the flashes and noises of the bombing and strafing — a sight that is both "splendid and vile" simultaneously, according to his secretary.

Through all of this, Churchill is wooing Franklin Roosevelt for desperately needed aid and assistance that FDR struggles to offer given the isolationism of the US population at this time — aid that he is eventually able to deliver through the lend lease program, and more completely following the devastating attack on Pearl Harbor.

—Joyce Mercier

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An additional book report is on p. 7

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## SHUFFLEBOARD PARTY!

A Maples floor group had their New Year's Eve party playing Shuffleboard in the Community Room. Try it! With advance notice, Brett will unroll the shuffleboard mat and get out the box of poles and tiles. It's fun! It requires NO athletic ability! A scorekeeper keeps track of the numbers and uses an eagle eye to watch for any errant tiles that might cross over a line.



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### From the Yes2HealthyLife Committee: WHAT IS ANTIMICROBIAL RESISTANCE?

Antimicrobial resistance occurs when microorganisms such as bacteria, viruses, fungi and parasites change in ways that render ineffective the medications used to cure the infections they cause ineffective. When the microorganisms become resistant to most antimicrobials they are often referred to as “superbugs”. This is a major concern because a resistant bacterial infection may kill, can spread to others, and imposes huge costs to individuals and society.

Antimicrobial resistance is the broader term for resistance in different types of microorganisms and encompasses resistance to antibacterial, antiviral, antiparasitic and antifungal drugs.

Antimicrobial resistance occurs naturally but is enhanced by the inappropriate use of medicines, for example using antibiotics for viral infections such as cold or flu, or sharing antibiotics. Low-quality medicines, wrong prescriptions and poor infection prevention and control also encourage the development and spread of drug resistance.

What is the difference between antibiotic and antimicrobial resistance?

Antibiotic resistance occurs when bacteria change, rendering them ineffective in response to the use of antibiotics used to treat bacterial infections, (such as urinary tract infections, pneumonia, bloodstream infections).

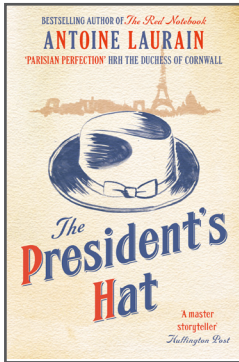
Antimicrobial resistance is a broader term, encompassing resistance to drugs that treat infections caused by other microbes as well, such as parasites (e.g. malaria or helminths), viruses (e.g. HIV) and fungi (e.g. Candida).

*Source: World Health Organization*

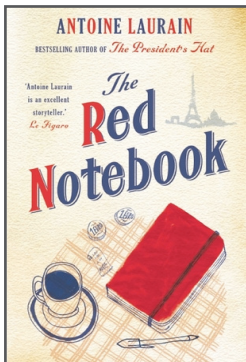
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## 2 BOOK REVIEWS: The President's Hat and The Red Notebook By Antoine Laurain

*An Appreciation, by Ed Ethridge:*



One winter a few years ago, I read Antoine Laurain's first book, "The President's Hat." It charmed me with a delightful tale of a French president's iterant hat. Then I learned our local bookstore had secured Laurain for a lecture and book signing. I made certain I was there (*see photos below*). I was not disappointed. He met my every expectation for how a Parisian author should look...slender; impeccably dressed with an artistic flair; tousled hair he occasionally swept back with long, aristocratic fingers; an aquiline nose; a five-o'clock shadow he rubbed when pondering a question; good English tinged with a French accent. His modest presentation was almost conversational; the audience was charmed and gave him a warm ovation when he finished. I still have my signed copy of "The President's Hat."



I just finished the author's latest book, "The Red Notebook." It pleases with an air of gentle sophistication much the same as "The President's Hat." Both now are available in our Green Hills library. I recommend both.

From *The Red Notebook*:  
"He was about to commit a forbidden act. For a man should never go through a woman's handbag."





Hanging this big show was an all-day project



## NEW GH ART GALLERY SHOW

"From GH Residents' Personal Collections" comprises 30 varied pieces collected and hung by Art Committee members Rae Reilly (Chair), Barbara Bruene, Molly Ethridge, David Gradwohl, and Carol Grant. The show will be in place through the first week in April.

## GRANDDAUGHTER by Diane Neal

Who leaves a pretty flower for her grandma  
when she goes;  
"I love you" on the blackboard (where the  
dust gets up her nose?)  
I have her turtle toy, and some special  
polished rocks  
That she gave me just to keep  
from all the treasures in her box.  
So often, when we're parting  
she will give a little gift,  
And later when I look at them  
they give my heart a lift.  
Her hug when she is leaving  
and "I love you" on her face,  
Delights this grandma, yes it does,  
and warms her through it's grace.  
This child of nine I'm proud is mine,  
a treasure in my eyes;  
Gives of her love without a thought  
Now isn't she a prize?



## Ed's Cartoon Corner

Overheard in the lobby:

"I gave up my imaginary friend  
a long time ago,  
but I'm thinking about  
bringing him back...."

