

NEWS AND ANNOUNCEMENTS

December 2020

HOT CHOCOLATE BAR

Tuesday, December 1st

3:00 PM—4:30 PM

Main Entrance Lobby Area

With December comes the colder weather, so plan to warm up with a delicious hot, chocolatey drink with all the options: mini-marshmallows, peppermint, chocolate chips, and even peppermint schnapps! The Hot Chocolate Bar will be located inside the main Green Hills entrance. Masks are mandatory and you can only pick-up your beverage.

EMPLOYEE APPRECIATION FUND

To show your appreciation for our employees, please submit your donations to the Employee Appreciation Fund by Wednesday, December 2nd.

SPECIAL DINING SERVICE DATES

These will be a pick up and delivery service only. Watch for the menu and reservation details to be sent out later.

Annual Holiday Pancake Breakfast— Friday, December 11

GH Café — Wednesday, December 16

Christmas Day Hot Meal — Friday, December 25

Bake Sale / Take & Bake Holiday Preorders starting soon

The Grill will be closed the evening of December 24 and 25.

Le Bistro will be closed on December 24 and 25.



IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Vivian Osborn, Jan Walter, Barbara Derby and Doris Moore.



Carol Zingg—12/1

Myrna Whigham—12/6

Jean Peterson—12/9

Einar Larsen—12/11

Alice Thompson—12/12

LoAnne Worth—12/18

Richard Smith—12/22

John Clark—12/23

Hanna Gradwohl—12/23

Donita Mccoy—12/24

Eunice Easton—12/29

Bill Fales—12/29

John Shierholz—12/29

Rex Crockett—12/31

The Lindens

Luci Hamilton— 12/9

Health Care Center

Frieda Lehman—12/9

Ruth Thompson—12/13

Marjorie Muench—12/14

John Fawcett—12/16

Rita Lorenzo—12/20

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GROCERY SHOPPING TRIPS

The bus goes to the grocery stores at
8:00 AM on the following dates:

HYVEE: December 7, 14, 21, 28

FAREWAY: December 3, 10, 17, 24, 31

RECREATIONAL GAMES IN THE COMMUNITY ROOM

December 4-6 Shuffle Board

December 11-13 Pickleball

December 18-20 Giant Jenga and Yahtzee

December 25-28 Shuffle Board

Dear Green Hills Residents,

We're writing to you today to share some exciting news!

As you may know, LCS, the company that manages your senior living community, has a longstanding commitment to the health and wellness of the residents we serve. That is why LCS is collaborating with Johnson & Johnson and Apple to share information about the **Heartline™ Study**. This study will help you better understand your heart health and engage in a heart health program while contributing to important medical research.

Every day, we demonstrate our dedication to the health and wellness needs of residents by implementing our signature program, Health and Wellness Navigation. This resident-centric approach helps identify health and wellness needs and then secures the appropriate resources. The goal is to help residents maintain overall wellness and avoid transitions to higher levels of care.

Additionally, LCS is currently the only senior living company collaborating with Johnson & Johnson and Apple to share information about the study with residents. As a community resident, your participation in this study will enrich the Health and Wellness Navigation Program. With research, we can continue to enhance our offerings to meet the needs of residents best. Preventative services such as fitness and exercise activities, accessing healthy food choices, and fostering a heart-healthy lifestyle are essential to the health of residents, and this study will provide additional information and resources.

The enclosed brochure provides additional details about Heartline and how to enroll in the study. For further information, you can also visit the study website at:

www.Heartline.com/LCS.

Stay healthy and well,



Rick Exline
EVP, Senior Managing Director Life Plan Communities



Chris Bird
EVP, Director of Rental