



The Green Hills Chimes



DECEMBER 2020
Green Hills Retirement Community
Ames, Iowa

The Chimes news-
letter is for Green
Hills residents to
inform one another
about current trends
and offerings in our
community.

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Greeting

The Chimes editor
is delighted to bring
you the annual
December issue
printed in full color.

GHRA President's Message



Who has not heard "Location, Location, Location" in relation to the value of real estate? Location is only one of many factors determining the value of property, but it is one of the more important ones.

Those of us currently living at Green Hills are fortunate for that group of forebears who had the foresight to risk building a senior living community on the highland of the river valley south of Iowa State University. The early years were financially challenging for the group attempting to establish the community, but with support and patience they were able to develop a business structure for Green Hills to progress to the point where we are today.

A major advantage of our location is easy access to major highways for travel east or west as well as north or south. Many of the amenities of Iowa State are within short driving or even walking distance. Being close to one of the major thoroughfares in Ames allows easy travel to west Ames, downtown Ames, the hospital, medical clinics and all the businesses on South Duff and North Grand.

Another reward many of us enjoy is being able to see from Green Hills the Gateway Hotel and Conference Center and Iowa State University Foundation, neighbors on the east side who maintain expansive areas that give openness to our campus. The woodland on the northwest side has a walking trail, numerous wild flowers and habitat for birds and wildlife. We can and should appreciate all the benefits of this location, but we also have responsibility to maintain and improve what is here for those who will follow us.

—Allen Trenkle

see Allen's accompanying photo top of next page→



Looking northeast into Ames from the apartments

At the end of every year, The Green Hills Chimes goes on hiatus for a month. The next issue will be February 1, 2021. The deadline for that issue will be January 15.

The Green Hills Chimes

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Submissions Deadline:

15th of each month (no Jan. issue)

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 **December**

2020: Apts: Anita Dyer x5105
Town Homes: Joyce Mercier x5147

Contact Assignments for **January 2021:**

Apts: Alice Thompson x5024
Town Homes: Hanna Gradwohl x5060

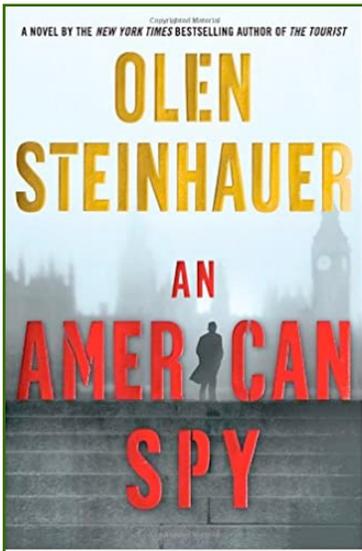


New Books in our Green Hills Library
on the countertop by the windows

AUTHOR	TITLE	CATEGORY
Backman, Fredrik	<i>Anxious People: A Novel</i>	Fiction
Barnett, Brittany K.	<i>A Knock at Midnight: A Story of Hope, Justice, and Freedom</i>	Biography
French, Tana	<i>The Searcher: A Novel</i>	Fiction
Gyasi, Yaa	<i>Transcendent Kingdom: A Novel</i>	Fiction
Laurain, Antoine	<i>The President's Hat</i>	Fiction
Laurain, Antoine	<i>The Red Notebook</i>	Fiction
Odell, Jonathan	<i>Miss Hazel and the Rosa Parks League</i>	Fiction
Oliveira, Robin	<i>My Name Is Mary Sutter</i>	Fiction
TerKeurst, Lysa	<i>It's Not Supposed To Be This Way: Finding Unexpected Strength When Disappointments Leave You Shattered</i>	Religion
Woodward, Bob	<i>Rage</i>	History

BOOK REVIEW

An American Spy by Olen Steinhauer



Steinhauer is often compared to le Carre' in his style of writing and the subject of the world of espionage. This is the third in a series of novels about the American intelligence community. The series is based on the Department of Tourism within CIA.

Reluctant CIA agent Milo Weaver uncovered a conspiracy linking the Chinese government to the highest reaches of the American intelligence community, including his own Department of Tourism---the most clandestine department in the Company. The shocking blowback arrived in *The Nearest Exit* when the Department of Tourism was almost completely

wiped out as the result of an even more insidious plot.

With only a handful of "tourists"--CIA-trained assassins--left, Weaver would like to move on and use this as an opportunity to regain a normal life, a life focused on his family. His former boss in the CIA, Alan Drummond, can't let it go. When Alan uses one of Milo's compromised aliases to travel to London and then disappears, calling all kinds of attention to his actions, Milo can't help but go in search of him.

Worse still, it's beginning to look as if Tourism's enemies are gearing up for a final, fatal blow.

— Review by Clete Mercier

LIBRARY NEWS

The GH Library has been gifted with three low-vision devices by the family of longtime resident, Bob Kerns. We are very happy to receive these for our library and for use by GH residents experiencing lower vision. They can be checked out for a period of time for use in your home. Anybody who is interested in using these vision devices can call Toni Whitman at 5025.

Our Staff Appreciation Event

will be live-streamed on December 9.
Watch for more details and times.

Our thanks to Carolyn Jons

who created the concept for the Staff Appreciation video. Carolyn wrote the script, adapted from Clement Moore's "The Night Before Christmas." Narrated by Clifford Smith, the many accompanying photos give a fun look at the several specialized groups of support staff here at Green Hills. We are grateful to them all.



More Green Hills woodland photos from Allen Trenkle



**From the Yes2HealthyLife Committee:
Coronavirus Travel Advice**

As opportunities for travel open up, be aware of considerations beyond the basic COVID-19 recommendations (mask, social distancing, etc.) In addition to regular COVID-19 supplies, pack a thermometer. If you need to travel, check state and local health departments for requirements and restrictions in your destination city, e.g., quarantine days for travelers, hours for businesses, restaurants, etc.

Air Travel: Check specific airport and airline websites. Instead of handing boarding passes to TSA officers, travelers should place passes directly on the scanner, then hold them up for inspection. Each traveler may have one container of hand sanitizer up to 12 oz in a carry-on bag. Remove from the bag for screening. Food items should be transported in a plastic bag and placed in a bin for screening. This will lessen the need to open bags for inspection. Personal items such as keys, wallets and phones should be placed in carry-on bags instead of bins. This reduces the handling of items during screening. Wash hands with soap and water directly before and after going through screening.

Car Travel: Plan as few stops as possible. Be sure to pack masks, hand sanitizer and disinfectant wipes in an easily accessible spot. Have food and water, including nonperishable items, to tide you over in case access to grocery stores and restaurants is limited.

When refueling, use disinfectant wipes on handles or buttons before you touch them. After refueling, use hand sanitizer. Find restaurants that offer drive-thru or curbside service.

Other Ground Transportation: Investigate ground transportation options and disinfecting policies online. Check hotels for shuttle availability. If you use a ride service, don't sit in the front seat near the driver. Consider handling your own bags during pickup and drop-off.

Hotels and Other Lodging: Check any major chain's website for information about how it's protecting guests. Best practices include: enhanced cleaning of public areas, elevators, and guest rooms, as well as food preparation and laundry areas, and contactless payment. When you arrive in a room, disinfect high-touch surfaces. Wash plates, glasses, cups and silverware (other than prewrapped) before using.

Finally, those of us over the age of 65 are at higher risk for severe illness from COVID-19. Travel increases your chance of getting and spreading COVID-19. If you must travel, talk with your doctor and ask about any additional precautions you may need to take.

—Sources: Mayo Clinic and CDC Guidelines

Family Album Photo Ops with Santa Claus



Maggie Moreau (middle, on Santa's knee) with her sisters.



Carole Magilton & Joan Herwig showing Santa their wish list



Jamie Grant with his grandson, Will, on Christmas Eve last year.



Esther Willham and Santa sharing curly hair advice



4-year old Molly (Bond) Ethridge with her big sister Vicky meeting Santa at Younkers, 1946



CHEERFUL

HAPPY

INFORMATION

MAKES

EVERYONE

SMILE

HAPPY HOLIDAYS
FROM THE CHIMES
CONTRIBUTORS
& PROOFREADERS!