

THE GREEN HILLS CHIMES



OCTOBER 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:

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GHRA President's Message

As of September 1st, 5-year management contracts with LCS for both the GHRA and GHHCC have been completed and Board approved. The Contract Committee and the Green Hills attorney expended several hours in negotiating these contracts with LCS. As with most contract negotiations, there were some compromises on both sides to reach final agreement.

These contracts delineate the general and specific responsibilities of both LCS and Green Hills. As with the previous contracts with LCS, we pay a percentage of our operating income to LCS for this service. Even with raging inflation, this percentage was kept the same in these new contracts as it was in previous 5-year contracts. In addition, we pay the Executive Director (Kat's) and Administrator (Jessica's) salaries, benefits, and continuing education to maintain their licenses as required to operate our facilities.

There are additional financial, marketing, hiring, payroll and health care services that we license from LCS and pay LCS a yearly user fee. LCS also has a variety of other services which are available for additional fees if we choose to use them (e.g., market analysis, strategic planning, construction supervision, health care consulting etc.)

The contracts cover remediation in case of breach of contract and damage limitations under such circumstances. The contract allows Green Hills to participate in a group purchasing organization (GPO) where we get discounted supplies and insurance. Participation in the GPO saved Green Hills over \$40,000 in each of the last two years.

Finally, the contract has a code of conduct which LCS employees are required to follow and which we expect our Green Hills employees to also follow. We will formalize this issue for Green Hills employees at the September or October joint Board meeting.

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If anyone has an interest in reviewing the contracts, they are available in the Executive Director's office. These are confidential documents, as specified in the contracts, so they cannot be copied, and you must sign a confidentiality agreement prior to their review. Just call Jesse for an appointment if you are interested.

Brett has been promoted to lead the reorganized Life Enrichment program. Cheryl Gleason has been advanced to assist Brett in the RA, and Kathryn Metz has been advanced to assist Brett in the HCC. Brett will continue to work with some of the exercise classes. Another person will be hired soon to assist in this area.

Please welcome Arissa M. as the new Assistant to the Executive Director. Jesse will be moving to the Cedar Rapids area on September 29th. He will continue at Green Hills until September 29th and has agreed to help Arissa receive appropriate orientation to his tasks prior to his departure.

Next month I hope to have more information on the proposed Maples expansion. Time is of the essence for this project. If inflation continues into the next year or two, the costs of building may become prohibitive in order to sell the apartments without significant financial input from Green Hills.

In any event, stay positive and help Green Hills be "The Best It Can Be"

—Jerry Lee Hall, President

THE GREEN HILLS CHIMES

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Submissions Deadline:

15th 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
LoAnne Worth x5177

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 September 2022:

Apts: Anita Dyer, X5105

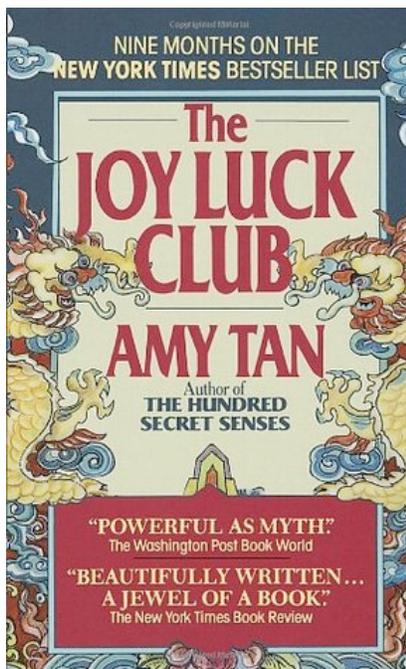
Town Homes: Hanna Gradwohl, X5060



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

AUTHOR	TITLE	LOCATION
Fowler, Karen Joy	<i>Booth: A Novel</i>	Fiction
Kniker, Charles R.	<i>Spirituality That Makes a Difference</i>	Religion
O'Farrell, Maggie	<i>Hamnet: A Novel of the Plague</i>	Fiction
Williams, Ann R., editor	<i>Lost Cities, Ancient Tombs: 100 Discoveries That Changed the World</i>	History

BOOK REVIEW
The Joy Luck Club
By Amy Tan



This book was the first novel by the author, Amy Tan. It was written in the 1980's and won the Los Angeles Times Book Prize and other awards. It is the story of four Chinese women who immigrated to the United States and their difficulties in China prior to that. The focus of the book is the relationships of the four women with their daughters here in the US, and the difficulties that arise between the culture of the mothers and their American born daughters. The relationship of the author and her mother and the things she later learned about her mother's travails in China before coming to the US are woven throughout the story as part of the history of the four Chinese mothers. The mothers in the story met in a San Francisco refugee center and formed the Joy Luck Club to play Mahjong and to share their grief and resilience.

—Book review by Joyce Mercier

CONTINUING EDUCATION PRESENTATION: ANKENY UPDATE

10:00 a.m., Wednesday, October 12

Community Room

Don Zuck, a 1960 Mechanical Engineering graduate of Iowa State, will describe various aspects of the immense growth in Ankeny. He has been an Ankeny resident for 63 years and has been part of its development from 2500 residents to the present population of 70,000.

His career was at Des Moines Area Community College, retiring as Chief Financial Officer.

In 2019 Don was honored as the “Outstanding Citizen of the Year” in Ankeny. He has been involved with the ISU Alumni Association and was an outside member of one of the Green Hills Long Range Master Plan Committees.

Derick Lord, City Economic Director for Ankeny, will be part of the program.

—Roger Bruene & Norma Speer, Continuing Education Committee

Added to Touchtown



The Touchtown Community App is a vehicle to provide information for our residents. We are trying something new. Under the Handbook icon, we have added a “how to” instruction folder with individual sheets to help with a variety of topics. Our intention is to add help in many areas of technology over the next few months. Currently, we have added information on “How To Download ISU tickets”. There is also a sheet on how to log into Touchtown.

We welcome suggestions on things you would like to see added!

—Suzy Shierholz

Megaphone Memories: Norma Speer's Cheerleading Days at ISU

Ed Ethridge supplied the prompts. Norma wrote the replies.

The Beginning:

I entered ISU (then ISC) in the fall of 1953 in the Home Economics Department. Tryouts for fall 1954 cheerleaders were held late in my freshman year.. There were only 9 chosen and we were to cheer for football and men's basketball. There were no women's sports then, nor were there cheer squads for wrestling or other sports. Of the 9 chosen, 2 were male.

I Am Picked:

I don't remember who was making the selections, but I was thrilled to be chosen as most were upper classmen. I think we practiced some before summer break and then in early fall.

Getting Started:

In those days we were cheer LEADERS, not entertainers with acrobatic skills. Our job was to get the crowd cheering in unison to spur on the athletes. (I would never qualify today!)

Styling:

We girls wore corduroy red skirts, full and long, a little above our bobby sox with white sweaters. In our second year we made shorts that were knee length for days that were hot.

Raising Spirits:

We did cheer for pep rallies as well as games.

Road Trips:

We could only go to one away game each season. We went to Northwestern, arriving too late to stay at the Tri Delt house, which I had arranged earlier. They were locked for the night so we slept in the cars. The road trip the following year was to Colorado. I was excited because a close high school friend who was attending CU was going to host me. Alas, my government instructor scheduled an important test on that day. We often had Sat. a.m. classes and we didn't skip in those



Norma in Ames parade with former homecoming queen Doris Brown

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days so I had to stay home.

Good Memories:

It's hard to pick a favorite memory of cheering. I always loved sports and being a fan. In my first year Cy was created and we took a facsimile to show the football coach. We were so excited to have a mascot, but he said "A bird?" with disdain. Little did he or any of us know how Cy would be enormously popular over the years.

Bad Memories:

The most embarrassing memory was at a Parents' Weekend. I was using the megaphone a lot to fire up the crowd and someone yelled, "Would you get off that damn thing!"

Moving On:

I cheered my sophomore and junior years. I didn't my senior year because I was student teaching in the fall and planning my wedding in the spring as we were married one week after I graduated.

Link to Norma's interview on our GH Facebook site:

<https://zh-cn.facebook.com/GreenHillsRC/posts/check-out-our-own-resident-norma-speer-as-she-reminisces-on-her-fond-memories-wi/10157863752837008/>

(a live/hot link is in your e-mail version of the October Chimes.)



Ames Ecosmart Program

As an 8-year certified Platinum member of the Ames ECOSMART PROGRAM, the Smart Business Challenge program, Green Hills has connections to city and community resources in furthering its sustainable commitment.

Green Hills commits to creating a sustainable Ames through involvement in opportunities including: energy and water conservation. Low flow-toilets, window replacement program, LED lights, occupancy sensors and timers and transportation are major contributors to creating sustainability here at Green Hills. We also recycle business equipment, computer monitors, televisions, and bulbs and batteries of all kinds.

One benefit of living at Green Hills is that you have opportunities that involve making a conscious effort to reduce waste and protect the environment through the reduction of greenhouse gases (GHG). These gases trap heat in the atmosphere and contribute heavily to the warming we've seen in our climate.

Some of the small steps implemented on our campus include recycling food waste by using the subpods (p.2, June 22 Newsletter), recycling glass in the on-site yellow bin, recycling newspapers and cardboard, making community garden plots available, making Plarn from plastic bags to make mats for the homeless, and collecting corks for ReCORK, North America's largest natural cork recycling program.

The Green Team encourages residents to incorporate green practices in their daily lives. Bringing your own mug, instead of using a Styrofoam cup, is one example. —Shirley Riney

NEXT IN OUR GREEN HILLS ART GALLERY October 3 – 31



“Eve: Serpent’s Gift”

Barbara Bruene, nationally known for her calligraphy, taught for 25 years on the faculty of the College of Design at Iowa State University. This month, she will exhibit some of her artwork in our gallery. Shown will be paintings, many with calligraphy, plus some of her handmade, one-of-a-kind artist's books which include calligraphy.

Barbara and her husband, Roger, moved to Green Hills after living in Ames since 1958. They spend part of the year in Florida where some of her family have lived since 1970.

MUSIC AND MEMORIES

(Review of an Article from May 22 Rotary Magazine by Kate Silver)

In 2014, Carol Rosenstine was surprised to see the impact of music on her husband with dementia. A former pianist, he sat down at the piano to play and she saw an improvement of posture, and an improvement in connecting with his environment. Their neurologist told her she was watching the power of music, changing brain chemistry. At this point, the author invited friends and other “like-minded” people to join in a night of music making. This group included other individuals with Alzheimer’s, and they created a band called The 5th Dementia. Hearing of this, Amy Huggins, another spouse of a mate with early cognitive impairment, visited to hear The 5th Dementia in action and impressed, returned home to ask her Rotary Club to make Music Mends Minds a service project. Hearing of this project, Mary Mittelman, a researcher in the department of psychiatry at New York University, started her own chorus called The Unforgettables and documented improvements in quality of life and communication, not just for those with memory impairment but also for caregivers, who reported improved social support and self-esteem thanks to the chorus. Research by Michael Thaut in 2021 showed a small but statistically significant improvement in memory when persons with mild cognitive impairment or early Alzheimer’s disease listened to their favorite playlist for an hour every day for three weeks.

Included in this article is a list of 5 ways to “make the most of music:”

1. Make your own mix. Create a playlist and share it with family and friends, along with the request they play it for you at times when it might help. Ex: Having surgery, transitioning to a nursing home or experiencing neurological or other health problems.
2. Make a mix for your loved ones. For someone experiencing cognitive impairment, create a playlist of songs you think will resonate - music that was popular during teenage years to early twenties.
3. Use mnemonic devices. Create your own jingles to help loved ones who are struggling to remember important things. EX: set phone numbers and addresses to a tune. Most will recall info more successfully if it has been paired with a melody.
4. Match a song to each family member. Play that song every time you visit with the person. It could pay off as they decline. If they associate a song with that person, they’ll remember who the person is through that song.
5. Use music to change the mood. If a person is agitated, songs they enjoy may help them relax. Researchers say that agitation is often a result of discomfort or a fight-or-flight response, and music can soothe. “Music, especially personally important music, provides a sense of connection and safety.”

—Susan Fales for the Yes2HealthyLife Committee

ALLEN TRENKLE SHARES MORE GREEN HILLS BEAUTY WITH US
His Recent Photos Around Our Grounds



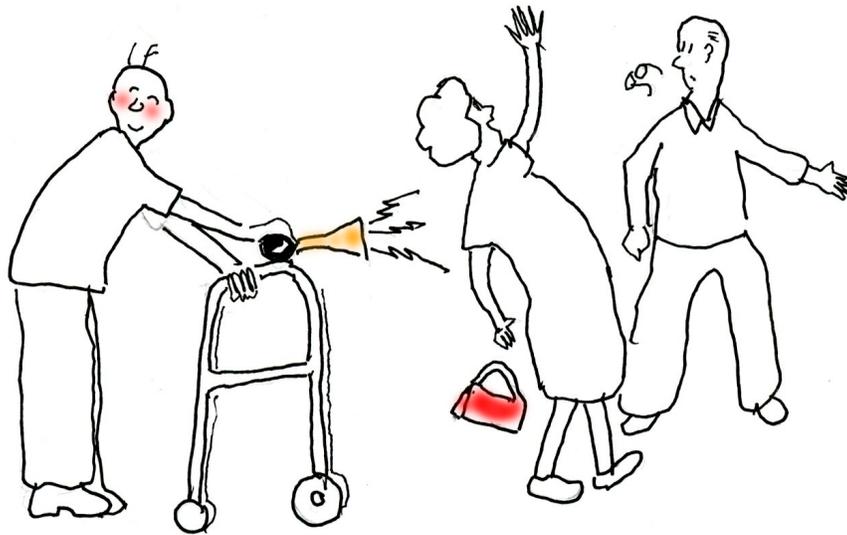
THE GREEN HILLS CHIMES

Chimes editor and designer Molly Ethridge will retire from the newsletter effective with publication of the December 2022 issue.

Molly has been editor for five years, having sent nearly fifty issues to press. The Chimes is published monthly except January, *i.e.*, eleven issues per year.

If you are current with layout technology and are interested in being the editor/designer of the Green Hills Chimes, please e-mail Molly at mollydsm@comcast.net, or leave a note with your contact information in her mailroom cubby Maples 1407.

Ed's Cartoon Corner



Resident equipped his walker with a toy “ahooga” horn which he takes great delight in honking.