

THE GREEN HILLS CHIMES



AUGUST 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

Please congratulate Kat and Jessica for their efforts in achieving the following awards on behalf of Green Hills during the past year:

- * Best Senior Living Community – U.S. News and World Report 2022-2023
- * Governor's Volunteer Award
- * Eli Pick Award – only HCC in Iowa to receive this award
- * LCS Harrison Award – for HCC not receiving deficiencies (we retain our 5-star rating)
- * LCS Best Award for reaching various benchmarks set by LCS
- * Resident Satisfaction 5-Star Award (91% overall satisfaction)

Green Hills begins the new fiscal year with four new RA Board members, three new HCC Board members and five new Advisory Council members. In addition, several residents have agreed to participate in the Green Hills committees. Please review your most recent directory to see the listing of the individuals.

This year we not only start a new budget, but we start a new 5-year management contract and a new 5-year strategic plan. We have budgets approved by the RA and HCC Boards that have a combined total of \$12.24 million dollars. (\$7.42 million in the HCC and \$4.82 million in the RA)

A new 5-year contract is being negotiated with LCS but is not yet completed. In the interim, GH and LCS have agreed to continue the current contract to September 1, 2022, or until we agree on the new contract. We have had a long association with LCS for our management and wish to continue to retain their services. When completed

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we will be able to keep our current Executive Director and HCC Administrator. All other staff are GH employees.

The 5-year strategic plan has multiple action steps that our managers will be expected to implement at a rate of about 20% per year. Thanks to all of you in the GH community that participated in development of this plan!

The strategic plan includes many items of replacement, repair or renovation. Primary items include the spa renovation in the HCC. Also, flooring in Aspen Court will be replaced along with carpeting and windows in some other areas. We also have future major projects in the HCC rooms and in our kitchen/dining areas in both the HCC and the RA. These items will be pursued in future years as budgets or donations allow.

The Oaks windows will be replaced starting in September and continuing into next year. The Oaks corridors will be renovated floor-by-floor after the windows are installed. More of the Oaks sanitary lines will be repaired this year. Recently the Oaks had an unexpected failure of a water heater that had to be replaced, and an Oaks boiler is now scheduled to be replaced.

We have had to patch the Oaks roof in several places to prevent leaks into the apartments and hallway below. Currently all leaks have been repaired. The companies renting space on our roof for antennas have been requested to make sure their space/equipment is updated or in good repair prior to the roof replacement. The Oaks roof is anticipated to be replaced next year.

In the townhomes two roofs were recently replaced and a sunroom was rebuilt. This will be repeated each year until all townhomes and sunrooms have been cycled through the process. In certain Timberland townhomes siding and garage doors will be replaced.

The above items are some of the large expense items on our priority list. There are also several small projects in the strategic plan that are too numerous to mention in this message. You can obtain a copy of this plan at the reception desk in the main entrance if you do not have a copy.

Later this year Shive Hattery personnel will be inspecting our buildings for structural integrity and safety issues. This includes inspection of our balconies and railings in the Oaks. Please let Josh know if you have any concerns about your balconies or railings.

Please be assured that the items needing attention in our community are being addressed, prioritized and budgeted as best we can. Please have patience as we progress on this journey, but if you spot something that needs to be addressed, please let us know so we can respond appropriately and be the “Best We Can Be”.

—Jerry Lee Hall, President, Green Hills Residents Association

CORK RECYCLING

The Green Team continues to collect and donate corks to JAX, a partner with ReCORK, North America's largest natural cork recycling program. by collecting corks. Residents may drop off corks in the collection jar located in the closet across from the Community Room.



The cork is ground down to develop new products. This material can be used in a wide variety of products, replacing environmentally harmful foams and plastics otherwise used. Natural cork is re-made into shoes, bags, flooring, insulation, auto parts, sports equipment, and mulch.

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
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:

Contacts for August 2022:

Apts: Linda Peters, x5236

Town Homes: Maureen Wilt, x5054



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

AUTHOR	TITLE	LOCATION
Checkoway, Julie	The Three-Year Swim Club: The Untold Story of Maui's Sugar Ditch Kids and Their Quest for Olympic Glory	Biography
Quinn, Kate	The Diamond Eye: A Novel	Fiction
Waldof, Teresa Wilhelm	Wilhelm's Way: The Inspiring Story of the Iowa Chemist Who Saved the Manhattan Project	Sci/Tech

CURRENTLY IN OUR ART GALLERY:



Be sure to stop and look at rural scenes, and not just Iowa. There are Vietnamese rice farmers with their water buffaloes, dust storms in 1930s Texas, a Maynard Reese duck painting, a paper cutting from Des Moines' Living History Farms, GH residents' images of their lives on a farm....all of it displayed for easy viewing and reading. Invite your friends... There will be a reception August 16, at 3 p.m.

HIGHEST QUALITY FOOD AT GREEN HILLS

Article by Courtney Bieze, Director of Food & Nutrition Services

Here's a quick overview of the procurement process for the Green Hills Food & Nutrition Services Department:



Niman Ranch farms is a network of more than 740 sustainable U.S. family farmers and ranchers who raise livestock traditionally and humanely to deliver the finest tasting meat to the world. Green Hills has had the pleasure of serving their products for many years. GH provides our residents with Niman Ranch products such as beef tenderloins, beef brisket, bacon, Canadian bacon, pork loin, pork butt, ground pork, pork ribs, burgers, and ground beef. We procure hams and sausage from Webster City Custom Meats, Inc. All the chicken served at GH is from Bell & Evans which includes breasts,



whole chickens, chicken tenders, and chicken pieces. Bell & Evans is air-chilled and top-of-the-line for sustainability, humane practices, organically raised, and top-notch environmental stewardship. Both

Niman Ranch and Bell & Evans have very rigorous practices and procedures to ensure the best tasting meats possible by doing it right.



Nessvigs/Fortune Fish & Gourmet are the seafood and gourmet specialists who GH procures all these wonderful meat products from along with the weekly fresh catch. The fresh fish is caught within 3-5 days of our order, and flown into Chicago, then transported to GH on ice. Our chef receives the whole product, typically as "sides", and will process by removing skins, scales, bones, etc., then cut into filets.



The frozen seafood we purchase such as cod loins, salmon, and shrimp are "chem-free". This means no additives. Many less expensive frozen seafoods may have water and other additives pumped-in, which leads to more "purge" during cooking. On a chem-free product, we aren't paying for the added water weight.

GH dairy products are procured twice a week from Anderson Erickson. What the GH team loves about this partnership is that it's a local company from Des Moines who always has great tasting and high-quality products, and inventory is always delivered fresh.



Loffredo is a produce house also located in Des Moines that delivers to GH twice a week. Since their priority is fresh produce, they try to get as much local produce as possible.

Blue Bunny from La Mars, Iowa is also a local company that GH uses for all ice cream and ice cream products served.



We should be proud of our culinary staff and the ongoing desire and means to procure the best quality and best tasting meats and products we can find! The partnerships we have developed over the years with these companies have been valuable.

Allen Trenkle's photography skill treats us to special views of the July 13 "Buck Moon"

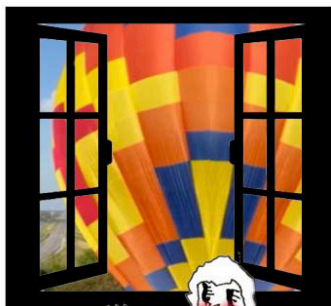
The full moon on July 13, also known as the Buck Moon, was the third super moon this year and was the biggest and brightest of the year. Because of clouds, photographs were taken on July 12 and 14. The photo with the moons over the gazebo was taken 90 to 150 minutes after moonrise

(starting about 65 min after sunset) on July 12 with a 160 mm telephoto lens using time-lapse photography and compositing the frames into one image.



The second photo was taken 30 minutes after moonrise (about 120 min after sunset) on July 14 with a 600 mm telephoto lens using high-resolution photography. The red/orange glow of the moon in the second photo occurs when the moon is low on the horizon and reflecting sunlight through the earth's atmosphere. In the first photograph, as the moon rises above earth's atmosphere, it loses its color and becomes brighter.

Ed's Cartoon Corner



Resident not informed
about the July 12 Hot-Air Balloon
Experience on the front lawn