

THE GREEN HILLS CHIMES

AUGUST 2021

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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GHRA President's Message

We welcome our new GH Board of Directors President,
Joan E. Herwig



August approaches and our new fiscal year has begun with the potential for us to consider our personal continuities and new beginnings during these "lazy, crazy days of summer" within our community. Author E. B. White poses this age-old dilemma this way

If the world were merely seductive that would be easy

If it were merely challenging that would be no problem

But I rise in the morning torn between a desire to improve (or save) the world

And a desire to enjoy (or savor) the world



This makes it hard to plan the day.

So, what possibilities are there for us to comfortably savor our campus world in these weeks ahead, especially before our Hamilton Drive pavement replacement begins? We could enjoy one of the lovely entrance area floral display benches in conversation with a friend.....

continues on next page →



arrange a snack or a takeout lunch with family or friends at the picnic table on the west end of Hilton Court...



consider the Linden's Courtyard seating area for three with the bubbling water feature and floral displays for a breath of fresh air.....

plan a family gathering in the gazebo and meander our special blooming Prairie walkways.... stop by the Health Care Sensory Garden for a gazebo sit-down surrounded by sun-splashed perennials... What is your favorite summer campus "go to" location?

What might we consider refreshing or, perhaps, beginning our own engagement in more individual ways? Possibilities include selecting a new-to-you-author from our resourceful Green Hills Library for your next read.... take a different walking route to your next Green Hills activity.... choose a new entree from our Grill or Le Bistro menus.... attend a special activity with a resident from another part of campus.... check out the jigsaw puzzle progress on another Oaks or Maples floor... walk through the raised garden beds to "check the crops"....

Happy exploration of continuity and beginnings in these weeks and months ahead! Now, how do we go about saving the world?

(The campus map is located on the last page of our GH Directory for reference. Benches are located throughout the campus walkways. Reminder: take your key for re-entry.)

— Joan Herwig

We Our Staff

Green Hills is blessed with staff members who provide outstanding service!

The policy at Green Hills is no tipping for staff. Instead, we say “Thank you” by contributing to the Employee Appreciation Fund. These dollars are distributed in December to staff members according to the hours worked. At this celebration, we hear how grateful our employees are for their holiday gifts.

Last year 169 contributions from residents and friends of Green Hills totaled \$98,495. Individual gifts ranged up to \$3,700, with the average being \$577 and \$1,000 being the most common amount.

Our annual campaign will again be held in November. However, some residents prefer to make donations throughout the calendar year, such as monthly or quarterly gifts. If this is your choice, please place your contributions in envelopes addressed to the “Employee Appreciation Fund” and leave them at the reception desk. Donations will be deposited in our account at First National Bank.

Please join us in contributing generously to thank and to support our Green Hills Heroes.

Thank you!

Rae Reilly, chair; John Greve, Carolyn Jons, Cliff Smith, Carol Wright

The Green Hills Chimes

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Submissions Deadline:

15th 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:
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:

Contact Assignments for **August 2021:**

Apts: Fran Berger x5153

Town Homes: Betty Kinzler 231-8501



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

AUTHOR	TITLE	CATEGORY
Blum, Jenna	<i>Those Who Save Us</i>	Fiction
Gooley, Tristan	<i>The Secret World of Weather: How to Read Signs in Every Cloud, Breeze, Hill, Street, Plant, Animal, and Dewdrop</i>	Nature
Gordon-Reed, Annette	<i>On Juneteenth</i>	History
Mask, Deirdre	The Address Book: What Street Addresses Reveal About Identity, Race, Wealth, and Power	Geography
Quinn, Kate	<i>The Rose Code: A Novel</i>	Fiction—paperback
Williams, Beatriz	<i>Our Woman in Moscow: A Novel</i>	Fiction—large print

Elizabeth Andre (left) (Kathryn Andre's daughter, and George Burnet's granddaughter) and Erin Inez, 2021 North American Gold Medal winners in white-water canoeing women's tandem open canoe slalom, Blackfoot River in Montana



REVISITED: OUR INBODY MACHINE

Introduce yourself to the INBODY machine:

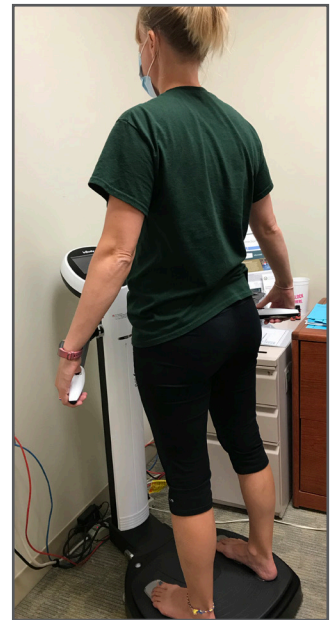


Green Hills acquired this machine in 2019 when it was featured in the Chimes. In case you've forgotten what it does: On a scan, it shows your weight broken down into muscle, fat, and body water. Learn what area of your body is the strongest, what area of your body is weaker, and whether you are dehydrated or retaining fluids. This 45-second test can do that for you.

You receive a print-out of your scores so you know what needs attention, and then you can test again in a month or so to check your improvement.

It is recommended that you do not have this scan if you have a pacemaker.

Make an appointment with
Brett Harrison, Wellness Coordinator



GH Proplanet kitchen to-go boxes

Our kitchen is now using these to-go boxes which have been designed to reduce the total amount of plastic which is used to manufacture each container. The boxes are made with up to 40% natural mineral content and are non-absorbent, i.e., resistant to sauces and liquids soaking through them. They are microwaveable so you can heat up your leftovers! Are they something that can be used by Food at First like our previous boxes?

Unfortunately not. Due to their makeup as a disposable product, the company does not recommend rewashing and reusing these boxes. If you want information on how to help the market and feeding program at Food at First, you may contact them directly at (515)344-HELP(4357) or email Patty Yoder at patty@foodatfirst.com.

MORE DANCERS AMONG US! Motoko and Chuck Oulman



Tango at Rhonda Spain

We started dancing seriously after our retirement from ISU in 1999. After taking lessons for American ballroom dancing for a while, we switched to International ballroom dancing, when we met a couple who were former regional champions. We took lessons from them for about ten years in Boone, Iowa. We stopped taking lessons from them in 2011, when we moved to Edgewater in West Des Moines where we lived for six months. We enjoyed the place, but are glad that we came back to Ames and joined GHRC in 2019.

Since we stopped taking lessons, we have forgotten many steps but we believe we have not lost the movements the teacher couple taught us. We continued dancing as members of Castle Club in Des Moines and of Red Friars in Ames. We still belong to Red Friars. We dance foxtrot, standard waltz, Viennese waltz, rhumba, and tango. We can somewhat manage quick steps and cha-cha. We also learned to do Argentine tango, which became one of our favorite dances.

We are fortunate to have a weekly dancing opportunity here at Green Hills with our fellow residents who are also current and emeritus members of Castle Club and Red Friars.

Motoko and Chuck Oulman

ACAC (Ames Community Arts Council) AWARDS CELEBRATION, Sunday, June 27, Stephens Auditorium



Rae Reilly, who had nominated us for the award, presented it to Kat Kilbane who accepted it on behalf of Green Hills.

Green Hills was chosen for the “Art in the Workplace” award. Green Hills staff and residents have worked together to assure that a number of artistic and cultural opportunities are available for everyone.



Green Hills residents were proud to represent our community at the awards ceremony.

ART GALLERY NEWS

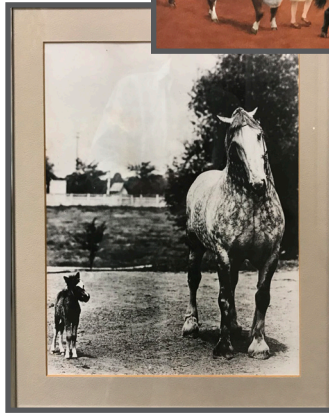
The “Rural Reflections” show is the Art Gallery committee’s latest contribution to the arts at Green Hills. On Friday morning, July 16, Committee members were ready to hang 41 framed photos and paintings as well as artifacts loaned by people in our Green Hills family. Rae Reilly, chair of the Art Gallery Committee, kept her enthusiasm at the forefront to ensure the entire committee stayed focused on the hunt for residents’ agricultural-themed art.



Carol Grant and Shala Ludley put in hours on the hanging task.



Lee Willham, Esther’s son, stopped by to help hang heavier pieces, reminding us NOT to “hang ‘em high.”



Don Dyer signed in exhibitors as they arrived with their treasures. He even used his woodshop skills to help attach proper hanging wire to one frame.



Art Klein freshened up frames with his feather duster & Windex.

On Thursday, August 12, at 3:00, there will be a reception with refreshments in the Gallery hall where you can chat with the exhibitors.

Molly Ethridge completed the show with signage for each piece.

HISTORY COMMITTEE

The Green Hills History Committee has recently started gathering information on many categories of our history, starting from our beginning in 1986. We found it interesting to compare our statistics from today with those in a Chimes article from 2016 :

	2016	2021
Average Age, Men & Women	83	83
Average Move-In Age	78	79
Single Males	21	34
Single Females	68	74
Couples	102	72
Town Homes	80	81
Apartments	51	83
GHRA Revenues	\$ 2,548,881	\$ 1,106,269
GHRA Net Operating Income	\$ 490,400	\$ 1,330,827
GHHCC	42 Skilled Nursing Beds 14 Memory Beds	42 Skilled Nursing Beds 14 Memory Beds
GHHCC Revenues	\$ 6,466,362	\$ 7,140,605
GHHCC Net Operating Income	\$ 570,210	\$ 483,838
GHHCC Monthly Mortgage Payment	\$ 568,907	\$ 569,950

What a difference our new Maples and Townhouse residents have made in some areas and not in others!
— the Green Hills History Committee

Ed's Cartoon Corner

