

# THE GREEN HILLS CHIMES



FEBRUARY 2022

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 have experienced a trying time during the last year, as well as in most of the previous year, in fighting the Covid-19 virus. But we have also celebrated our 35th anniversary and honored both our veterans and our lost loved ones. Then the holiday season at Green Hills started with our exquisite decorations put up by Hiedi and her staff of elves. It was followed by a record breaking Employee Appreciation function where approximately \$118,000 was provided to the staff. There was an abundance of music, sing-a-longs, Christmas carols and plenty of treats. We certainly can count our blessings for being residents of Green Hills. We appreciate the great efforts of our staff and administration to make Green Hills a safe, comfortable and enjoyable place to live.

As we start the New Year we can make New Year's Resolutions. One resolution might be to lose the weight gained between Thanksgiving and Christmas and on through New Years as we watched bowl games and ate treats. Another resolution might be to join an exercise class in the Aerobics room, or to use the exercise machines in the Fitness room, or to use the Therapy pool. Exercise is so important to help maintain our health and disposition.

In fact, according to Senior Housing News sponsored by Masterpiece in their article "The New Role of Senior Living as Champion for Healthy Longevity", there are six focus areas for a healthy longevity. They are:

1. Physical health – how we fuel our bodies, move, rest and manage our health.
2. Movement and motion – affects everything from circulation to metabolism, to immunity, to body strength, flexibility, balance and endurance.

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3. Social engagement – enhances health and longevity; nurtures our social network.
4. Intellectual vitality – helps brain to retain and enhance mental abilities (Stimulates our brain).
5. Personal attributes – beliefs and perceptions shape our quality of life, how we experience emotion, our sense of control and perceptions about the future (our character)
6. Peace and fulfillment – a sense of peace, purpose and meaning and how we feel about our lives (our attitude)

Most, if not all, of these focus areas are encouraged or promoted at Green Hills, whether it be by staff programming, or by committee work, or by other activities of the residents. Again we are indeed fortunate to be residents of Green Hills and to benefit from the various programs and activities.

Finally, I believe attitude makes a huge difference in one’s happiness at Green Hills, and in the impression we leave with each other, and with those visiting our facility.

1. Are you friendly and are we friendly to you?
2. Are you welcoming and are we welcoming to others?
3. Do you feel it easy to make friends here?
4. Do you compliment staff members for jobs well done?.
5. Do you take time to listen to or communicate with other residents and visitors?

My resolutions are to keep smiling, be friendly, communicate, listen carefully (I have new hearing aids!) and keep moving. Attitude is critical to the Green Hills culture.

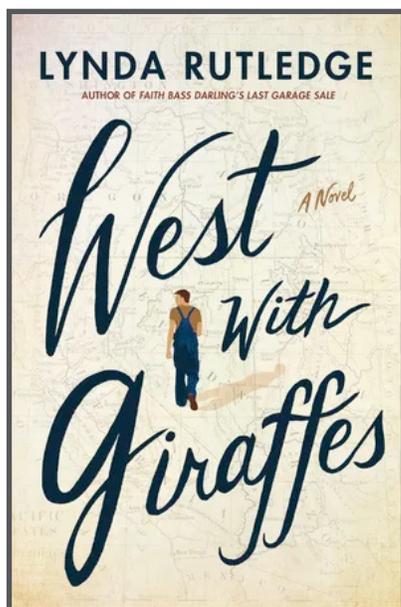
— Jerry Hall, January 2022

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## **Request for Suggestions from the Memorial Committee**

Most Green Hills residents associate the Memorial Committee with its responsibility of the annual Service of Remembrance in May. However, its other long-time role has been distributing financial contributions in memory and honor of deceased residents to pay for non-budgeted community amenities. Over the years, it has purchased outdoor benches, provided library supplies, and bought a food-heating cart for the Health Care Center. It has also contributed to funds supporting the education of our Health Care staff. First, the Memorial Committee reminds residents that they can contribute to our Memorial Fund, which currently has \$4,000.00 available. Second, the Committee requests suggestions from residents and staff for amenities that will enrich our lives. Roger Beckett is the chair of the Memorial Committee.

## BOOK REVIEW "West with Giraffes" by Lynda Rutledge



*West with Giraffes* is a novel based on a real-life event of two giraffes that survived a hurricane while crossing the Atlantic to New York in 1938. What followed was a twelve-day road trip in a custom truck to deliver Southern California's first giraffes to the San Diego Zoo. The trans-continental trip made headlines winning the hearts of Depression-era America.

The fictionalized story is told by Woodrow Wilson Nickel (Woody) age 105, feeling his life ebbing away in a nursing home. Woody, was seventeen years old when orphaned in the Texas Panhandle during the Dust Bowl, but finds his way to New York to work for a distant cousin.

Planning to meet his cousin at the Brooklyn dock, he arrived only to find that his cousin was killed during the hurricane on board the boat with the giraffes. When he first sees the giraffes ("Boy" and "Girl") and learns that the giraffes are bound for San Diego, Woody becomes determined to follow them to "the land of milk and honey" to begin a new life. As the truck with the giraffes was leaving the dock Woody runs as fast as he can and eventually steals a motorcycle to keep up with the truck bound for the quarantine facility. While hiding at the barn housing the giraffes, Woody does his own acquainting with them, sneaking in to feed them apples and onions, and checking on the injured Girl while avoiding being seen by "Old Man", an employee of the San Diego Zoo responsible for the overland transport of the giraffes and a hired truck driver. When the giraffes leave quarantine, Woody jumps back on the stolen motorcycle and follows them. Early in the trip, Old Man has a falling out with the driver and Woody, after much begging and pleading, convinces him he could drive the truck. The story follows the giraffe truck across the continent on the Lee Highway and illustrates many scenes in America in 1938 – Hoovervilles and shanty towns, circus trains, WPA and CCC projects and migrants searching for a better life. The giraffe truck frequently stops at auto camps with appropriate trees so the tops of the crates can be opened to let Boy and Girl reach up and

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browse. Another part of the story is a redheaded young woman (Red) driving a green Packard, who is an aspiring photojournalist determined to get the giraffe story published in Life magazine. Encounters with local citizens with interest in the giraffes, some helpful and others with hidden motives, are imaginatively described. For a farm boy growing up listening to his father talk about animals being nothing more than food, the growing relationship between Woody and the giraffes becomes life-changing.

Part adventure, part historical tale and part coming-of-age love story, *West with Giraffes* explores what it means to be changed by the grace of animals, the kindness of strangers and the determination to tell a story before it's too late.

In 1938, Belle Benchley was the Director of the San Diego Zoo, the world's first female zoo director. The two giraffes were named Lofty and Patches and lived at the San Diego Zoo for nearly 30 years. During that time, they had seven offspring. According to Benchley, they were one of the few breeding pairs in captivity.

—Allen Trenkle

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## Library Notice

Ames Public Library books are available to be checked out from 1:00 pm to 2:00 pm on Monday afternoons and from 9:30 am to 11:00 am on Wednesday mornings. To checkout a book from APL, sign up on the notebook on the APL bookcase with your name, book title, and the date you checked the book out. Please note on the top of the sign out sheet the date that the book needs to be returned.

If you have questions about the library or want to suggest a book or begin to use our catalog program, Librairika, feel free to call or email me. Librairika allows you to check the catalog to determine if we have a book but not whether it is checked out; you have to check it out at the library.

—Joyce Mercier

## Geronimo! Don Schmelzer's Airborne Service

As told to Ed Ethridge for The Chimes  
Army photos from Don's collection



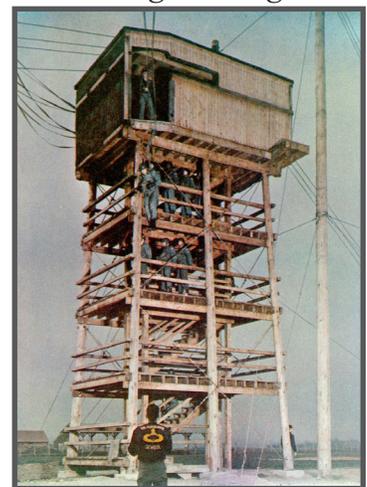
Did you ever think nothing could be more exciting than a ride on a roller coaster? More challenging than mountain climbing? Try jumping from the belly of a fast-moving plane with forty other men one-thousand feet above the ground and seventy-five pounds strapped to you: main and emergency parachutes with field equipment (possibly including the additional weight of a disassembled machine gun), and an M-1 rifle. Green Hills resident Don Schmelzer did it.

The year was January, 1955 when nineteen year old Schmelzer signed on to become an Army paratrooper. Asked why he picked the paratroopers, he responds, "Stupidity!" but adds, "The money: it paid \$88 a month plus \$50 jump pay."

Training began at Ft. Campbell, Kentucky. Don took to it fairly easily, first learning on the ground how to leave the door of a plane and then how to "hit and roll."

Then came the five story tower, where, with the aid of a zip line-like device, he practiced what he had learned. During training, Don did not notice anyone "freaking," though one battle-hardened sergeant did not take to the tower. However, he had no problem when it came time to actually jump. Some weren't so calm at that point. One novice paratrooper held onto the jump door rather than jump through it. A stiff push from the jump master ended the drama; the trooper landed safely on the ground.

Don remembers not being afraid on his first jump. He ascribes his cool to his training. There were, however, some very fraught



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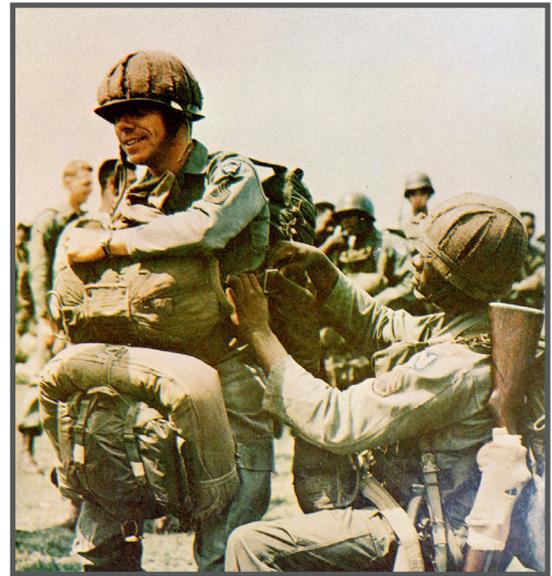
moments, as when a poorly controlled jumper was swept into his rigging. Another time, a jumper landed on his parachute as he was descending. Both times everyone landed safely,

Don recalls an interesting event one windy day. Told that a second jump was coming after his, “We were instructed to wait when we reached the ground to see if any in the second wave needed help controlling their parachutes when they landed.” Sure enough, a paratrooper in trouble landed near Don, his flared parachute beginning to drag him on his back. Don believes he chased the man seventy-five yards before catching and collapsing the billowing, runaway chute.

Finally, Don tells the story of a jump into a crater-filled artillery range near Frankfurt, Germany. It had rained the night before, so it was essential to avoid the water-filled craters. On board the jump plane was a very short air force major; short of stature, but long on attitude. Standing behind Don chewing an unlit cigar, he refused all help with the jump. Don managed to avoid the craters on his descent...but not the major. He dropped into a crater where he stood knee-deep in water. The now much soured major again refused Don’s assistance. Don couldn’t help but walk away with a smile on his face.

Don made over thirty-two jumps during his career as an Army paratrooper (none, thankfully, over a battlefield). He left the Army Airborne January, 1958.

By the way, Don says paratroopers no longer yell “Geronimo!” when they jump.



Packing with gear before a jump



Just before the order to push out at the jump door



Paratroopers boarding for the next jumping exercise

## BEYOND BURGER OR BEEF PATTY BURGER?

*Which one should I order from the current Green Hills menu?*

The protein in the Beyond Burger is brown rice, pea and mung bean protein. This makes the Beyond Burger a complete protein source. A complete protein is a protein that contains an adequate proportion of the 9 essential amino acids necessary in the human diet.

Animal based protein like meat, poultry, fish, eggs, milk and cheese are considered complete proteins. Many foods (beans, nuts, seeds, whole grains) contain some amino acids but not all nine essential amino acids. By combining select amino from various plant sources, one is able to have a complete protein product (Beyond Burger). Your body needs complete protein to form muscles, transport nutrients, and build and repair body tissue. See comparative nutritional information below.

### The nutrition content of one Beyond Burger patty is:

230 calories  
14 gm fat  
5 gm saturated fat  
0 gm trans fat  
390 gm sodium  
7 gm carbohydrates  
2 gm dietary fiber  
0 gm sugar  
0 gm added sugar  
20 gm protein  
100 mg calcium  
4 mg iron  
330 mg potassium  
4.6 mg zinc



### A beef patty we serve at Green Hills (approximate values):

377 calories  
30 gm fat  
11 gm saturated fat  
1 gm trans fat  
99 mg sodium  
0 gm carb  
0 gm dietary fiber  
0 gm sugar  
25 gm protein  
27 gm calcium  
3 mg iron  
401 mg potassium

This article was compiled by your GH dining committee in consultation with Courtney Bieze, our Registered Dietician. The committee plans to have periodic articles in the Chimes as part of our education goals. Please contact Courtney or myrnawhigham@yahoo.com (dining committee member) with comments or suggestions for future topics. So try that Beyond Burger and please let us know what you think.



## “Handcrafted by Residents” January 13 exhibit draws an enthusiastic crowd:

Neighbors shared their talents, from quilts to photographs, from ceramics to woodworking. Twenty-three residents shared their handcrafts for viewing, plus the “wood people” gave guided tours of the basement Green Hills Woodshop.



Vikki Morain shows her woodwork, her glass art, & her weaving, leaving us wondering, “what will she do next?”



Don Dyer explains different woods he has crafted into beautiful objects.

More photos on the back page.

Lee Storlie Presents:

# Rock N Roll REVIVAL

*In memory of the February 3rd, 1959  
plane crash that took the lives of  
Ritchie Valens, Buddy Holly,  
and The Big Bopper.*

**Join us in the Community Room  
Thursday, February 3rd at 3:00 PM**

There will be music featuring Ritchie Valens, Buddy Holly, The Big Bopper, Abba, Elvis, and more!

Made with PosterMyWall.com

## C'mon Everybody! It's Party Time!

Lee Storlie, once a Rock n' Roll dance party leader, brings his music collection to the Community Room on February 3. This date is commemorated with an annual Winter Dance Party at Clear Lake's Surf Ballroom in memory of the 1959 concert there with Buddy Holly, Ritchie Valens, and the Big Bopper. They died later that night when their plane crashed in an Iowa cornfield.

But the music did not die....Come to the party to dance, or just to listen with cookies & punch, and to share fun memories of the best teen-age sock hops ever!

## ART GALLERY NEWS



**Our current exhibit:  
Jennifer Drinkwater, Ames artist**



Next, the Art Gallery committee will display works by Ames artist Joe Geha.

**In April, the Art Gallery committee hosts “Honoring the Art of Indigenous People of the World,” curating pieces from GH residents’ private collections.**

What is Indigenous Art? We are using this definition:

“Indigenous art refers to the art of people and cultures who belong to the place where they originated or were found at the time of written records, rather than coming from invaders from other places. The GH exhibit will feature (1) the art of native people of North America, Central America, and South America; Africa, the Near East, Asia, Australia, New Zealand and the Pacific, and (2) contemporary art by indigenous artists using new forms and media.”

Some other words for “indigenous” are native, original, and aboriginal.

Contact David Gradwohl or Rae Reilly about the indigenous art in your collection.

## FROM THE GREEN TEAM:

### What Can I Do With Old Paint?

**DO NOT** throw paint in regular trash when it's in liquid form! Eventually, most household trash is compacted, releasing paint from the can, causing problems in garbage trucks, the Resource Recovery Plant, and landfills. Thus, liquid paint must be hardened before disposal.

**TO SAFELY DISPOSE OF PAINT :** For paint disposal at Green Hills, you can request hardening packets provided by Maintenance Services. The cost of the packets is currently \$4.12 a package.\* Each package treats up to one gallon. It says it treats 2-3 gallons, but it does not. 1 gallon is the max and oil-based takes considerably longer than water-based to fully harden.

- **The paint must be latex or oil-based paint.** Stains, shellacs, or varnishes cannot be collected or treated.
- **Another word of caution:** While paint is hardening, there is risk of spillage and strong vapors as the hardener needs to be mixed into the paint. Josh suggests that it would simplify the process if residents would elect to have Maintenance take care of the hardening process.\*\* This eliminates the above risks for the resident.

\*Residents can sign up before February 16<sup>th</sup> to request the number of packets they want by signing the Sign-Up Book at the Reception desk.. Josh will make work orders and the charges will be billed to your monthly bill.

#### **OR:**

\*\*Submit a Work Order to dispose of the paint. It's the normal maintenance hourly rate plus the cost of package per gallon of paint. (1 package minimum charge, no partials)

Town homes – After paint has fully hardened, it can be put into your trash can.

Apartments – After paint has fully hardened, there are two choices: Maintenance can pick it up, or you can bring it to the maintenance shop. It must be disposed of immediately to outside trash. We cannot let this paint sit in common areas.

**NOTE:** If you think your latex paint could be used for painting stage sets (for ACTORS), notify Shirley Riney (5138) of the amount and color by February 11. ACTORS can then determine whether or not they can use the items on the list we compile.

**Work requests** may be created by contacting the reception desk or using the link from our website: [www.GreenHillsrc.com](http://www.GreenHillsrc.com)  
Josh's extension is 5005 and Mike's is 5048

More from the "Handcrafted" show January 13:

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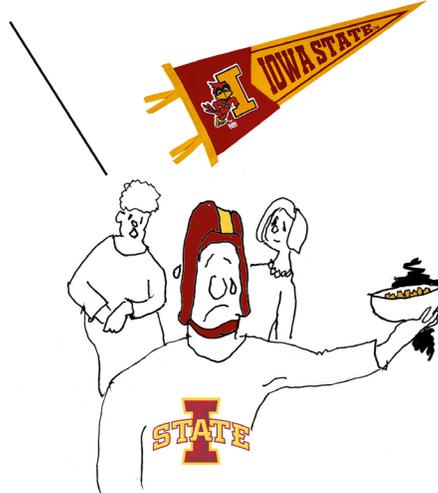
- 1 Don Dyer, wood
- 2 Norma Clayton  
stitchery
- Paul Clayton, wood
- 3 Ann Hein, knitting
- 4 Allen Trenkle  
photography

4



Ed's  
Cartoon  
Corner

*"It's the first time I've seen  
anyone from Green Hills  
cry over a bowl of Cheez-Its."*



Thanks, Anne  
Durland