

# NEWS AND ANNOUNCEMENTS

July 2021  
Events and Programs

## OCTAGON CENTER FOR THE ARTS Wednesday, July 7 at 2:00 PM Green Hills Theatre

The Octagon Center for the Arts resides in the 105 year old Masonic Building located in downtown Ames. They offer numerous art classes and workshops for people of all ages, rotating exhibits, a retail gallery shop that features handcrafted work by 175 Midwest artists, and events such as the annual Octagon Art Festival held the 4<sup>th</sup> Sunday in September.

This program will share information about the proposed expansion and renovation project needed so the Octagon can better serve the needs of our communities. ***This program is educational in nature and NO gifts will be solicited during the meeting.*** The presentation will last approximately 30 minutes with time for questions.

## GREEN HILLS BAND – VARIETY HITS Wednesday, July 28 at 3:00 PM Community Room

This band is made up of employees from Green Hills that we all know and love! You will recognize John Hummer (IT), Jesse Stafford (Executive Assistant), Todd Cumming (Cook), and Aaron Stegemoller (Maintenance). These men all have a variety of musical history and talent.

John has been playing guitar since he was 10 years old. He has been performing in a band with his brothers since he was 16. He also enjoys recording and producing music with the bands that he is involved in.

Jesse was heavily involved in music in high school with both choir and band. He was an All-State singer in 2012 and while attending Iowa State University he sang for the Iowa Statesmen Choir. Jesse is playing the bass, which he has 13 years of experience.

Todd has played in several bands, including this locally known band Vinyl Vagabonds. He has worked at Green Hills for almost 30 years, but started playing drums 40 years ago when he was 9.

Aaron spent 20 years performing as a professional opera singer. He has sung in major houses throughout the U.S., Canada, Mexico and various parts of Europe.

## HAPPY BIRTHDAY TO YOU!!!

Janet Stephenson — 7/1  
Toni Whitman—7/2  
Jim Oleson—7/3  
Kathryn Handy—7/4  
Nancy Hall— 7/5  
Joan Mathews—7/5  
Roger Beckett—7/7  
Don Dyer—7/8  
Bob Humphrey—7/9  
Ken Kruempel—7/11  
Nancy Martin—7/11  
Herb Harmison—7/15  
Dick Henry—7/19  
John Dobson—7/20  
Elaine Johnson—7/20  
Norman Rudi—7/22  
Jim Sperfslage—7/22  
Allen Trenkle—7/23  
Bob Angelici—7/29

### The Lindens

Donna Shenefelt—7/19

### Health Care Center

Dolores Hauge — 7/4  
Marjean Fawcett—7/5  
Tom Colvin—7/17  
Meg Tait—7/24  
Elaine Meany—7/28  
Duane Townsend —7/30

### Cedar Court

Kalliope Jolas— 7/6  
Lois Thomas— 7/9

## DINING SERVICES

### CHEF'S BREAKFAST

July 1, 8, 15, 22, 29  
8:00—10:00 AM

### GREEN HILLS CAFÉ

Wednesday, July 7  
5:00 PM

### FISH FRY

Wednesday, July 21  
5:00 PM

### CLUB 2200 GRILL OUT

Friday, June 23  
5:30 PM

### LE BISTRO & LOUNGE HOURS

Monday through Friday 8:30 AM —2:00 PM  
Saturday — Closed  
Sunday 10:00 AM—1:00 PM

**\*Residents can reserve time outside of Bistro hours for a specific event. Dining Services can cater for any event.**

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## FIRST NATIONAL BANK

**Tuesdays & Thursdays**  
**9:00 AM—11:00 AM**

The First National Bank office is located in the hallway leading to the Community Room.

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## RESIDENTIAL HEALTH SERVICES

### Blood Pressure Clinic

Thursdays, July 1, 8, 15, 22, 29  
9:30 AM  
Wellness Clinic

### Ames Hearing Aid Clinic

Tuesday, July 13  
9:30 AM—11:00 AM  
Wellness Clinic: Call Kaylee for an appointment.



### IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Jean Hassebrock and Alice Walters.

Marketing Minute  
GREEN HILLS

*Good friends make great neighbors!*

What's Open Wednesday Schedule  
July 7 - 2342 Hilton Court  
July 21 - The Maples 1301

*You are our number one referral source!*

## HEARING DEVICES AVAILABLE

The GH Theatre and Community Room are equipped with a hearing device called a “telecoil loop”. This is a system that helps those hard of hearing to hear and understand the presenter or movies better.

These devices are located in the back of both rooms on the counter. You are welcome to help yourselves as needed to them. They work best if you put them in the wooden holder and place on the ground next to your seat. If you have any questions, please contact Herb Harmison at x5396.

## NEWSPAPER COLLECTION

Newspaper recycling has temporarily stopped due to the Kiwanis not being able to pick up the newspapers. Please hold donations until further notice. The next collection date is anticipated to be in August. Sorry for the inconvenience.



The Green Team is joining JAX, a partner with RECORK, North America's largest natural cork recycling program, by collecting corks. Drop off your corks at the collection box located in the closet across from the Community Room.

# GREEN HILLS INFORMATION

## GO GREEN PROGRAM



Residents can opt to join the “Go Green” program to have the option to **not** receive so many hard copies in their inhouse mailboxes, and to reduce the amount of paper waste that Green Hills produces,

Adhesive-vinyl stickers with the leaf logo is placed next to mailbox numbers for those who join the program, indicating that the marked mailboxes should **not** receive hard copies of documents that are regularly distributed to all residents by staff. These documents would be distributed electronically to Go Green residents instead (e.g., Kat’s operational memos).

If you are interested in joining the Go Green program or would like additional information, contact Jesse at [jesses@greenhillsrc.com](mailto:jesses@greenhillsrc.com).

## TRANSPORTATION BY REQUEST

For townhome, Oaks, and Maples residents, a Green Hills van is available each Monday through Friday, during non-bus events for rides to non-medical locations within the Ames city limits. Service hours will be 9:00 AM to 3:00 PM. \$6.00 per location (per person). A two-day notice is required. No fee for return to Green Hills.

## SUGGESTIONS WELCOME

Please contact Leisure Services if you have suggestions for movies, restaurant / lunch ideas, or trip locations.

## HELPFUL HINT

Bus events scheduled by Leisure Services (lunch bunch, scenic drives, tours, etc.) will typically be scheduled on Tuesdays or Fridays due to the availability of the bus.

## TECHNOLOGY CLASSES

Remember to sign up in front of the bus book for the technology classes offered in July and August in the Green Hills Theatre.

Classes require at least 3 participants or the class will be cancelled. Please refer to the insert for the full list of classes.

## SENSORY GARDEN

Remember that all residents can enjoy the ambiance of the Sensory Garden. Enter the garden through the health care center activity room, remembering to mask up in the health care. Or enter from the gate which is located across from Parking Lot B.



## EVENTS AT GREEN HILLS

<p><b>JULY 1, 8, 22, 29 (THURS)</b> 10:00 AM</p>	<p><b>MEN'S COFFEE</b> Men's Coffee is held every Thursday, except the third, in the Main Dining Room. This informal social is a chance for the men at Green Hills to get together and talk. Coffee is provided and men sign up to bring cookies or a treat for everyone. Sign up in the front of the bus book if you are interested in bringing treats.</p>
<p><b>JULY 1 (THURS)</b> 3:00 PM</p>	<p><b>SING-ALONG WITH US</b> Come to the Community Room for this sing-along with your friends and neighbors. This sing-along is put on by Cliff Smith and Carol Deppe.</p>
<p><b>JULY 3, 10, 17, 24, 31 (SAT)</b> 4:00 PM—5:00 PM</p>	<p><b>HAPPY HOUR SOCIALS AT LE BISTRO</b> The Saturday Zoom happy hour socials are now in person. Meet your friends and neighbors in Le Bistro for an informal gathering. Bring your own drinks or snacks, as Le Bistro is not open during this time period.</p>
<p><b>JULY 5 (MON)</b> 9:30 AM</p>	<p><b>WOMEN'S COFFEE</b> Women's Coffee is held the first Monday of the month in the Main Dining Room. All women are welcome to this informal social. Coffee will be provided.</p>
<p><b>JULY 7 (WED)</b> 2:00 PM</p>	<p><b>OCTAGON CENTER FOR THE ARTS</b> This program will share information about the proposed expansion and renovation project needed so the Octagon can better serve the needs of our communities. <b><i>This program is educational in nature and NO gifts will be solicited during the meeting.</i></b> The presentation will last approximately 30 minutes with time for questions. (GH Theatre)</p>
<p><b>JULY 7, 14, 21, 28 (WED)</b> 1:00 PM</p>	<p><b>BISTRO STITCHERS &amp; BED MAT MAKERS</b> This group has expanded to include the plarn and bed mat makers. If you would like to convert plastic bags to plarn or learn how to make a bed mat, you can attend this informal gathering held in the Pine Room. This gathering is for everyone who does any type of hand craft, including but not limited to: needlework, crocheting, and knitting. Bring your project to work on while you visit with other residents. On the last Wednesday of each month, the group will gather in Le Bistro.</p>
<p><b>JULY 7, 14, 21, 28 (WED)</b> 3:00 PM</p>	<p><b>MEDITATION EXPLORATION</b> All are welcome to attend sessions held on Wednesdays <u>in the Meditation Room</u> on the second floor of the Lindens. These sessions are led by Green Hills resident, Elizabeth Angelici. Please remember your mask when entering the Lindens.</p>
<p><b>JULY 9 (FRI)</b> 2:00 PM</p>	<p><b>SENSORY GARDEN SOCIAL</b> This social is for everyone! The Sensory Garden Club has worked hard at planting and maintaining this garden area that is open for all residents to use. Come for ice cream sundaes and visit with your friends in the lovely atmosphere. <u>Enter through the garden gate across from parking lot B or through the activity room of the health care center (remember to wear your masks entering the health care center).</u></p>
<p><b>JULY 14 (WED)</b> 10:00 AM</p>	<p><b>CONTINUING EDUCATION PROGRAM: HISTORY OF IOWA'S STATE PARKS</b> Join Ledges State Park Manager Andy Bartlett as he describes the history of the state park movement in Iowa and how our system of parks came to be. He'll also highlight some of our central Iowa state parks and the beauty they have to offer. (GH Theatre)</p>
<p><b>JULY 15 (THURS)</b> 10:00 AM</p>	<p><b>KAFFEE KLATSCH</b> All residents are invited to this social event. This event is held in the Main Dining Room on the third Thursday of each month. New residents are welcomed and upcoming activities are discussed. Refreshments will be provided.</p>

## EVENTS CONTINUED

<b>JULY 21 (WED)</b> <b>3:00 PM</b>	<b>FISH FRY</b> Mark your calendars for the 13th annual Fish Fry! There will be live music and delicious fresh fish cooked by the Green Hills Chefs. Make sure to RSVP by calling x5040. More details to come.
<b>JULY 23 (FRI)</b> <b>4:30 PM</b>	<b>CLUB 2200</b> Join us for an afternoon get together. Alcoholic and non-alcoholic beverages, as well as snacks, will be served. Payable at Club 2200 is \$1.00 for a soft drink, and \$3.00 for beer, wine or mixed drinks. A refill is available at no additional cost. There is a 2 drink limit per person. The Green Hills Kitchen offers a "Grill Out" at 5:30 PM (which is an offering of food that varies each month). Residents need to sign up for the Grill Out through the kitchen (x5040) and the fee will be billed to the resident's account. This event is held in the Community Room. Please wear your name tag.
<b>JULY 27 (TUES)</b> <b>10:00 AM</b>	<b>COFFEE CLATTER</b> Attend this informal social in the Main Dining Room. All residents are welcome.
<b>JULY 28 (WED)</b> <b>3:00 PM</b>	<b>GREEN HILLS BAND</b> This informal band is made up of talented employees which include: Aaron S. (maintenance), John H. (IT), Todd C. (dietary), and Jesse S. (administration). They will perform a variety of musical hits. Held in the Community Room.

### MONTHLY GREEN TUESDAY

Join the City of Ames and Ames Public Library for EcoChats, a series of virtual lectures focused on sustainability topics. The 2021 EcoChats will be held via Zoom at 7:00 PM the first Tuesday of each month.



**July's EcoChat theme will be watersheds.**  
**Tuesday, July 6th at 7:00 PM**  
**Via Zoom**



For more information and the Zoom link, visit: <https://www.amespubliclibrary.org/ecochats>

## GREEN HILLS CLUB MEETINGS

<b>JULY 6 (TUES) &amp;          JULY 20 (TUES)</b> <b>9:30 AM</b>	<b>SENSORY GARDEN CLUB</b> Meet in the Sensory Garden on Tuesday, July 6th to put the finishing touches on the garden before the social scheduled July 9th. It is always a great time to enjoy the fresh air and environment. (Sensory Garden)
<b>JULY 14 (WED)</b> <b>2:00 PM</b>	<b>BOOK CLUB</b> Shala Ludley will lead the discussion of <i>Nurse, Come You Here!</i> , authored by Mary J. MacLeod. (Pine Meeting Room)
<b>JULY 15 (THURS)</b> <b>2:00 PM</b>	<b>WINDOWS COMPUTER CLUB</b> The Windows Computer Club's purpose is to exchange knowledge of the operating system and programs. (Pine Meeting Room)
<b>JULY 28 (WED)</b> <b>1:30 PM</b>	<b>TECHNOLOGY CLUB</b> Share your knowledge or get answers to your questions. All residents are encouraged to come. (Pine Meeting Room)

**Club meetings are also listed on the Committee and Club Calendar.**

# TRANSPORTATION AND BUS TRIPS

## BANDSHELL CONCERTS

**Thursdays, July 1, 8, 15, 22, 29**  
**Bus Departs Apartments: 7:15 PM**

Summer concerts continue at Durham Bandshell Park in Ames on Thursday nights. Bring your own chair and enjoy these outdoor concerts. The bus will be limited to 21 riders for space to reserve space for lawn chairs. Sign up in the bus book.



## IOWA ARBORETUM TOUR

**Tuesday, July 6**

**Bus Departs Apartments: 1:30 PM**

Take a bus ride to the Iowa Arboretum located outside of Madrid, Iowa just 18 miles away.

No charge for this event. The tour will be on the bus, but there will be time to get off the bus and explore the grounds.

## WALKS

### AMES FITNESS CENTER

**Friday, July 2**

**Bus Departs Apartments: 1:00 PM**

Walk indoors around the track at the Ames Fitness Center. Walk at your own pace and rest if needed. Sign up in the bus book.

### ADA HAYDEN PARK

**Friday, July 16**

**Bus Departs Apartments: 1:00 PM**

Ada Hayden is a popular park in north Ames for walking, bike riding, fishing, kayaking, wildlife watching and picnicking. Walk at your own pace or just sit and enjoy the scenery. Sign up in the bus book.

## PARKINSON'S DISEASE SINGING GROUP

**Wednesdays, July 7 & 28**

**Bus Departs Apartments: 1:30 PM**

Singing may provide benefits beyond improving respiratory and swallow control in people with Parkinson's disease, according to data from Iowa State University researchers. This singing group is led by Elizabeth Stegemoller and is located at First Baptist Church.

## LUNCH BUNCH TO STOMPING GROUNDS

**Tuesday, July 13**

**Bus Departs Apartments: 11:15 AM**

Stomping Grounds is located on Welch Avenue in campus town. This restaurant serves a variety of drinks plus sandwiches. They have seating indoors or on the patio. Order off the menu and pay individually.

## ISU CREAMERY TOUR AND ICE CREAM

**Tuesday, July 20**

**Bus Departs Apartments: 2:00 PM**

The ISU Creamery is among the few university dairy food science programs in the country that produces and sells dairy food products. The experiential learning fully prepares dairy food science students for the most skilled positions in the fast-paced and competitive dairy processing industry.

On this tour we will hear about the history of the creamery and go into the micro-creamery to learn the production process of the ice cream and cheese curds. We'll finish the tour in the store where you can purchase ice cream and/or cheese curds.

Be sure to sign up early and bring money for any purchases.



## SHOPPING TRIPS

**Bus Departs Apartments: 1:30 PM**

**HyVee:** Mondays, July 5, 12, 19, 26

**Fareway:** Thursdays, July 1, 8, 15, 22, 29

The scheduled bus trips to HyVee and Fareway are not dependent on the number of residents signed up.



**Please sign up in the bus book at the reception desk for all bus events.**

# NOW SHOWING AT GREEN HILLS

## FEATURED WEEKLY MOVIES

### In the Heights

Monday, July 5th at 2:00 PM & 7:00 PM  
Thursday, July 8th at 2:00 PM

The creator of "Hamilton" and the director of "Crazy Rich Asians" invite you to a cinematic event, where the streets are made of music and little dreams become big. In Washington Heights, N.Y., the scent of warm coffee hangs in the air just outside of the 181st St. subway stop, where a kaleidoscope of dreams rallies a vibrant and tight-knit community. At the intersection of it all is a likeable and magnetic bodega owner who hopes, imagines, and sings about a better life. (2021, PG-13, musical, 2 hours 22 minutes)

### Extremely Loud and Incredibly Close

Monday, July 12th at 7:00 PM  
Tuesday, July 13th at 2:00 PM  
Thursday, July 15th at 2:00 PM

A nine-year-old amateur inventor, Francophile, and pacifist searches New York City for the lock that matches a mysterious key left behind by his father, who died in the World Trade Center on September 11, 2001. (2011, PG-13, Adventure/Drama/Mystery, 2 hour 9 minutes)

### Secondhand Lions

Monday, July 19th at 7:00 PM  
Tuesday, July 20th at 2:00 PM  
Thursday, July 22th at 2:00 PM

A coming-of-age story about a shy, young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas. (2003, PG, Comedy/Drama, 1 hour 49 minutes)

### The Zookeepers Wife

Monday, July 26th at 7:00 PM  
Tuesday, July 27th at 2:00 PM  
Thursday, July 29th at 2:00 PM

Keepers of the Warsaw Zoo, Antonina and Jan Zabinski, must save hundreds of people and animals during the Nazi invasion in WWII Poland. (2017, PG-13, Biography/Drama/History 2 hour 7 minutes)

## JAMES BOND MOVIES

### The Man with The Golden Gun

Friday, July 2nd at 7:00 PM

James Bond is targeted by the world's most expensive assassin, while he attempts to recover sensitive solar cell technology that is being sold to the highest bidder. (1974, PG, Action, 2 hour 5 minutes)

### The Spy Who Loved Me

Friday, July 9th at 7:00 PM

James Bond investigates the hijacking of British and Russian submarines carrying nuclear warheads, with the help of a K.G.B. agent whose lover he killed. (1977, PG, Action, 2 hours 5 minutes)

### Moonraker

Friday, July 16th at 7:00 PM

Agent 007 blasts into orbit in this action-packed adventure that takes him to Venice, Rio De Janeiro and outer space. When Bond investigates the hijacking of an American space shuttle, he and beautiful CIA agent Holly Goodhead are soon locked in a life-or-death struggle against Hugo Drax, a power-mad industrialist whose horrific scheme may destroy all human life on earth. (1979, PG, Action, 2 hours and 6 minutes)

### For Your Eyes Only

Friday, July 23rd at 7:00 PM

James Bond is assigned to find a missing British vessel, equipped with a weapons encryption device and prevent it from falling into enemy hands. (1981, PG, Action, 2 hours 7 minutes)

### Octopussy

Friday, July 30th at 7:00 PM

A fake Fabergé egg, and a fellow Agent's death, lead James Bond to uncover an international jewel-smuggling operation, headed by the mysterious Octopussy, being used to disguise a nuclear attack on N.A.T.O. forces. (1983, PG, Action, 2 hours and 11 minutes)



# INTERNS AT GREEN HILLS



## EMMA—ADMINISTRATIVE INTERN

My name is Emma Blackburn, and I am a new administrative intern here at Green Hills. Previously I worked at Green Hills as a dietary aid and am taking this opportunity to see more of the community. I started interning at Green Hills on May 24th. I graduated from Iowa State University this spring with a degree in dietetics and will begin my Master of Public Health in the fall. I was born and raised in Iowa. In my free time, I love to read, take walks with my dog, and spend time with friends and family. I am excited to spend the summer here at Green Hills and get to know everyone!

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## MARGO—ADMINISTRATOR IN TRAINING

Hi all! My name is Margo Weiland and I am completing my training at Green Hills to gather experience in becoming an administrator. I started at Green Hills on Monday, June 7th. I currently am a senior enrolled at the University of Wisconsin-Eau Claire. I will be graduating after completing this internship in the spring of 2022 with a bachelor's degree in Health Care Administration. I am so delighted to spend this next year with you!

I was born and raised in New Lisbon, Wisconsin (a small town with a population of about 2,000 people) which is about an hour north of Madison. Go Badgers! In my free time I enjoy reading, going for walks, exploring new restaurants or wineries, and spending time with friends and family.

Before moving here, I was a certified nursing assistant for about 5 years. Having my background in long term care, I am eager to learn more about this community, the administrative practices here, and you! I cannot wait to explore the area further and meet everyone here at Green Hills!



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## ZACHARY—INFORMATION TECHNOLOGY INTERN

Hello, my name is Zachary Dewey, and I am the new Information Technology Intern at Green Hills. I am very excited to be here with you and help with various projects over the next couple months!

I am currently attending Iowa State University going into my senior year majoring in Management Information Systems. I am a current member of the Cyclone Marching Band and Students Helping Rescue Animals. Whenever you see an Iowa State game this upcoming fall, I will more than likely be there!

In my free time, I like to go fishing, golfing, work on various projects around my home, and try new things. I look forward to meeting and working with everyone and am glad to be here to help support the Green Hills community!

