



THE GREEN HILLS CHIMES

JULY 2022

Green Hills Retirement Community
Ames, Iowa

GHRA President's Message

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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Have you noticed how beautiful our campus is becoming? A big Thanks to Selena and her Grounds Crew for their efforts in this endeavor. It takes a vision and a lot of effort over time to develop such a nice landscape. Also, another big thanks to the resident and staff volunteers who participated in the recent work session to spread mulch in specified areas around campus. That was a big task and saved our Grounds Crew a lot of time and effort in the process. Working together to help keep our campus looking beautiful was a fun project.

We have some superstars on our campus. One such superstar is Paul Rietz who is chair of the Capital Planning Committee (CPC), past member of the Advisory Council, and was recently elected to the RA Board of Directors. Paul has spent many hours working with Kat, Josh and the CPC on our needs for maintenance, repair and replacement. His experience as a construction engineer and diligence in pursuit of timely maintenance, repair and replacement has helped in the budget planning process and resolution of priority issues. He is competent and adamant about keeping Green Hills up to date and within our budget constraints.

More recently Paul has been working with Kat, the CPC and some reputable builders to determine the feasibility of a Maples addition. The concept is to determine a guaranteed maximum price for the addition and thereby a sales price for each of the new units so they can be presold prior to construction. This is the only way, financially, that such an addition would be able to be accomplished at the present time. This was the concept and process used to build the original Maples apartment building.

Indeed, we need to get this addition built to expand our base of residents by about 10%. This is important because it will help to keep our monthly fees from increasing so dramatically in the future. By adding

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this Maples addition, it spreads the costs of operation over about 10% more residents and provides about 10% more operating income.

When the time comes for a resident vote on a Maples addition, I strongly suggest that it's in your best interest to vote favorably for this addition. It not only helps to keep the monthly fees from increasing so rapidly, but it helps support our available spaces in Assisted Living and Health Care. It also helps support our dining venue and other areas available to our Green Hill residents. We will have informational meetings with specifics to consider prior to any voting concerning the Maples addition.

This Maples addition was originally planned along with the original Maples building by the architects (AG). So, we already have floor plans for the Maples addition apartments, but we do not have construction and other costs determined to know, at this time, what the new addition would cost. This is what Paul is now working on in conjunction with reputable builders, to determine a proper foundation and the costs to build the Maples addition in today's market.

Paul has been doing all this work without pay on behalf of Green Hills. When you see Paul, say "Thank You" and give him a pat on the back. He is a superstar in our midst!

—Jerry Lee Hall



As Fran Berger and I begin our Zinnia sharing, if you have any vases that you do not want we would be happy to take them. It does not matter what size. If we cannot use them, we will donate them to Salvation Army. You can leave them outside my door—1103 Maples. Also, you can let me know and I can come and get them. Thanks!

—Sonya Colvin

The Green Hills Chimes

Publisher:

Green Hills Residents Association
ghoffice@greenhillsrc.com
2205 Green Hills Drive, Suite 100
Ames, IA 50014
515-357-5000

Editor: Molly Ethridge

mollydsm@comcast.net

Committee & Proofreaders:

Jerry Hall, Barbara Munson, Phyllis Seim, Anne Durland

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?

Whooooo — 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 July 2022:

Apts: Shala Ludley, x5250

Town Homes: Carolyn Jons, x5214



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

Bohjalian, Chris	<i>The Lioness: A Novel</i>	Fiction
Frugoni, Chiara	<i>Inventions of the Middle Ages</i>	Science/Technology
Margolin, Phillip	<i>A Reasonable Doubt: A Robin Lockwood Novel</i>	Fiction
Mims, Christopher	<i>Arriving Today: From Factory to Front Door—Why Everything Has Changed About How and What We Buy</i>	Economics & Government
Prior, Hazel	<i>How the Penguins Saved Veronica</i>	Fiction

CONTINUING EDUCATION PRESENTATION:
Seven Stories from Iowa History
10:00 a.m., Wednesday, July 13

Iowans have done some remarkable things since the state joined the Union 175 years ago. To mark that milestone, travel back in time with former Des Moines Register reporter Michael Morain, who will highlight seven stories from Iowa's past that he wishes he could have covered in person. Michael grew up in Ames and now manages communications for the Iowa Department of Cultural Affairs. His mother, Vikki, moved to Green Hills last summer.



You Tube Videos: links to resident interviews about our recent Indigenous Art show

“Honoring the Art of the Indigenous People of the World” was a fascinating show. If you would like to know more about some of the Indigenous artworks we displayed, the Art Gallery Committee invites you to watch two videos highlighting six favorites from the show.

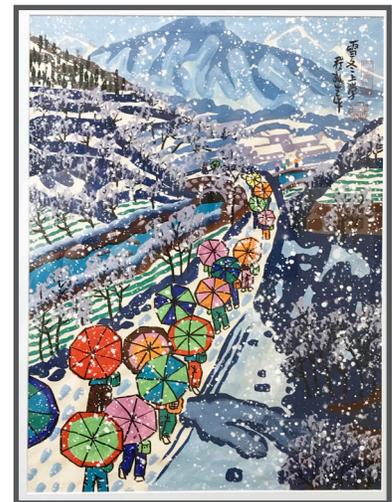
Indigenous Art Video #1 features Bruce Munson’s kayak, Etha Hutchcroft’s two baskets from the Philippines, Paula Toms’s clay wedding vessel, and Vikki Morain’s mirrored quilt from India.

<https://youtu.be/bO9Oxu5W0kc>

Indigenous Art Video #2 contains longer stories about Ruth Larson’s weaving of the Corn Maidens and Jean Lory’s painting by a Chinese peasant farmer.

<https://youtu.be/t2Cbe9jGUIQ>

Thanks to our video stars for sharing their stories about their Indigenous artworks, to all the residents who let us enjoy their art during our show, and to Maggie M. our intrepid videographer and editor for producing the videos.



NEXT: Another Residents’ Group Show

The Art Gallery Committee will once again offer the theme “Rural Reflections,” that was so popular last summer at Green Hills. We are soliciting from residents’ collections of rural-themed art that missed a showing in our crowded 2021 show.

Contact Rae Reilly, Chair, or any other committee member **before July 15:**
Barbara Bruene, Don Dyer, Molly Ethridge, Carol Grant, Art Klein, or Shala Ludley.
(Committee member Priscilla Sage is out of town this summer)

The Forgotten Garden

There are certain dates that we choose for special recognition. An example is the anniversary celebration of something important that happened 25 years ago. Green Hills has many special dates but one of them has slipped by unnoticed.

Twenty-five years ago GH residents were invited to the grand opening of their newly developed Sensory Garden. The garden was the result of discussions between the Reiman Gardens Director and GH's Leisure Services Coordinator. The discussions centered around how to encourage all GH residents to utilize the courtyard space outside of the Health Care Center. ISU students in the Landscape Architecture Department became involved and submitted 45(yes 45!) possible designs for improvement. Five designs were chosen to be used as the footprint for this garden and those designs were used by Country Landscapes to transform the space into the Sensory Garden.

Why a Sensory Garden? Because the individuals who developed the garden wanted something that was meant to be "attractive and useable by all Green Hills residents regardless of ability." This meant that there would be everything from actual opportunities to participate in the care of the garden, having visual areas that could be viewed by all residents (including accessibility for Health Care residents), and stimulating all of the 5 senses (yes, taste was included by growing herbs and other edible plants). It was also designed as an outside area for family and friends of GH residents to use when they came to visit.

The Sensory Garden came into being thanks to a dream, a plan, and a fund raising effort at Green Hills. This garden is still prospering and the dream and plan of its originators lives on at GH. But....sometimes it seems that our lovely garden is forgotten. Certainly not by the small but dedicated group of residents who plant, weed, water, cleanup and maintain the garden. Not by those who donate annual plants to add a special splash of color during the growing season, and not by the Life Enrichment Staff who provide support to the resident garden volunteers.

The flowers and critters and those who work in the garden hope you will stop by to visit one day and spend a few minutes enjoying the beauty of nature. The gazebo will provide you with shade and there are chairs for your comfort. Grab a smoothie at Le Bistro and meet your friends in the garden.

(Thanks to Stacie and Maggie for searching for background information on the garden. Special thanks to Mary Eischeid Cory who 25 years ago was able to see the garden she helped to plan actually become a reality.)

CURRENTLY IN THE OUR ART GALLERY:

Heather Johnson

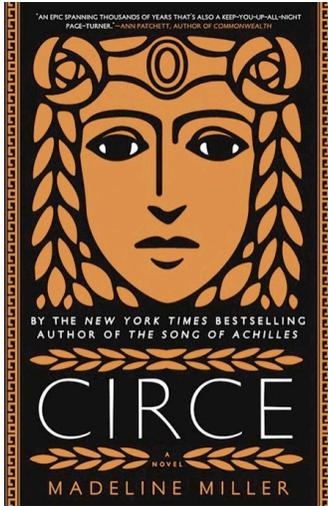
Heather has been creating art for nearly 24 years. She has always been inspired by nature, which is a recurring theme in her art. She received a degree in Biological Pre-Med Illustration from ISU and worked at the Brunner Art Museum during her college years. After graduation from ISU, Heather joined the Octagon Center for the Arts in Ames as the Gallery Curator, later becoming the Director for the Octagon where she has been for 20 years. Her art will be in our gallery until July 18.



BOOK REVIEW

Circe

By Madeline Miller
reviewed by Ed Ethridge



The goddess Circe is familiar to most for her encounter with the hero of the Trojan War, Odysseus. It's an encounter that will delay his journey home for ten years.

Odysseus wants desperately to return home to Ithaca, his Island Kingdom, where, for the past ten years, wife Penelope and son Telemachus have lived, beset by her suitors.

Harried by the god of the sea, Poseidon, who hates Odysseus for the gruesome killing of his son the Cyclops, sarrives in considerable disarray at a small island where he hopes to obtain fresh water and island food for his starving crew. His crew is dispatched to search the island. Nearly mad with hunger and thirst, they encounter a small house surrounded by a confinement of pigs. When they advance to take the pigs, they encounter their owner, the goddess Circe, whose witchcraft turns

men into pigs. The latest invaders are themselves transformed into pigs. When Odysseus comes to find his men, he is instructed by the god Hermes how to overcome Circe and her magic. Odysseus follows his instructions, overwhelms Circe, and thereby becomes her lover...and prisoner.

Miller's account of the Goddess assumes the reader is familiar with the encounter between Odysseus and Circe, but has little more knowledge of ancient mythology. It takes a close reading, however, to follow certain events, especially Circe's beginning as a difficult child born of Helios, the sun. Eventually she is exiled to her island for offending Zeus by comforting the god Prometheus, who was being horribly punished for introducing fire to men.

Circe's life on her island is not unpleasant. There are many riches of nature there for her to enjoy. In Miller's account, there is danger, too, from marauding sea pirates who land on her beach periodically. After she is raped in one encounter, Miller has her rely on her witchcraft to deal with these and subsequent invaders by turning them into pigs.

Miller reimagines the men-into-pigs episode very enjoyably as she does many other incidents unique in the telling. Circe becomes something of a hero in her own right as she protects her son by Odysseus, Telegonus, from the mischief of the god Hermes and the overwhelming power of the goddess Athena. An especially exciting episode occurs when Circe walks on the sea bottom in search of the god of the region whose poisonous tail brings instant death at the slightest touch. She succeeds where none other has. Such is her determination to protect her son from a vengeful Athena. As Telegonus embarks to Ithaca to meet his father, Athena has threatened he will die.

Exciting developments keep the reader engaged. "Circe" is a book to enjoy. It's also a superb re-imagining of events between gods and men in ancient times. I recommend it. It is in our Green Hills library.

The Lunch Bunch June trip to the Jade Garden in Ankeny:



Vikki Morain reports that “When the teapot arrived, people at her table jokingly questioned if the Chimes would report that Anne Clubine poured and a good time was had by all!”

Ed's Cartoon Corner



Nesting “Blackbird Bombers”
do a hairdo dive on an unsuspecting resident
walking too near their nests in the cattails