

THE GREEN HILLS CHIMES



May 2021

Green Hills Retirement Community
Ames, Iowa

GHRA President's Message

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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Individuals make decisions to move into senior-living communities for a number of reasons, such as: it is time to downsize, a desire to discontinue property maintenance, a need for health care or to be nearby family. Their choice of community is often based on location, attractiveness of the community, cost,

availability of appropriate living units, accessibility to quality health care, recommendations by friends in the community, etc.

After moving to Green Hills, and becoming a part of the community, residents often find value in other aspects of the neighborhood that become more meaningful for them. These include: a caring staff, the availability of an extensive list of activities (entertainment, hobbies, chances for learning, opportunities to contribute for good of the community), improvement in lifestyle (peace of mind, safety, social interaction, intellectual activity, physical health), quality dining service, availability of excellent health care, sense of neighborhood and available technology. Statements from staff also indicate they find unexpected value in their employment at Green Hills after becoming part of the community.

After experiencing life in our community residents and employees who genuinely believe they made the right decisions to be here, are pleased with their decision to become part of the community. They both provide heartfelt testimony advocating our values. They often express satisfaction with the fulfillment of their life in our neighborhood during casual conversations with people in the wider community.

“Get ready for unexpected blessings in unlikely places”

— Steven Furtick

See back page for Allen Trenkle's photo notes.



Steve Howell, above, hanging the current exhibit of his watercolors and drawings. Be sure to see his photograph at the far end of the gallery with Steve's notes on how this unique, exciting photograph was made.

ART GALLERY NEWS

Steve Howell's exhibit will be in place until May 13. Following that, Clark Colby returns with his 4H students' photographs.

Beginning July 1, the Art Committee will host an invitational show of GH residents' collections of rural architecture, landscapes, machinery and livestock — photographs or paintings.

If you have a piece that would fit in this show, please contact Rae Reilly (Art Committee chair) or an Art Committee member: Barbara Bruene, Molly Ethridge, Carol Grant, David Gradwohl, or Art Klein.

**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:
Carole Magilton x5113
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:

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The Green Hills Chimes

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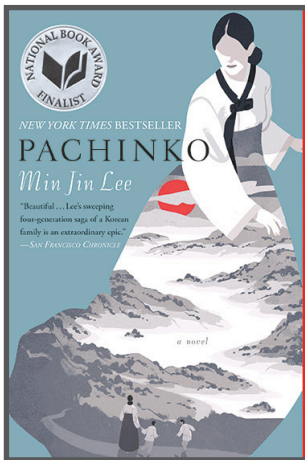
15th of each month



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

AUTHOR	TITLE	CATEGORY
Bennett, Brit	<i>The Vanishing Half: A Novel</i>	Fiction
Box, C.J.	<i>Dark Sky: A Joe Pickett Novel</i>	Fiction
Brady, Tim	<i>Three Ordinary Girls: The Remarkable Story of Three Dutch Teenagers Who Became Spies, Saboteurs, Nazi Assassins—and WWII Heroes</i>	History
Clarke, Jeffrey J. & Robert Ross Smith	<i>Riviera to the Rhine: The European Theater, 1939-1945</i>	History
Dunlop, Storm	<i>Clouds</i>	Nature
Finch, Charles	<i>An Extravagant Death: A Charles Lenox Mystery</i>	Fiction
Forty, Simon	<i>From the Riviera to the Rhine, U.S. Sixth Army Group, August 1944-February 1945</i>	History
Goodman, Joanna	<i>The Forgotten Daughter: A Novel</i>	Fiction
O'Farrell, Maggie	<i>Hamnet: A Novel of the Plague</i>	Fiction

BOOK REVIEW: Pachinko By Min Jin Lee



“Pachinko” by Min Jin Lee is a book about several generations of a closely knit Korean family. It examines immigration, discrimination, loyalty, love and great sorrow. The story begins with the sentence “History has failed us but no matter.”

About 1883 a peasant fisherman, his wife and their only child, “Hoonie”, a boy born with a cleft palate and twisted leg, are living on a small island beside the port city of Busan, Korea. When Hoonie is 27 Korea is “annexed” by Japan. Hoonie, who accepts his life and what he is allowed to desire, has married, and has one daughter “Sanja”. Sanja marries a Christian minister, Isak, and goes with him to Japan where he is to have a church. The young couple moves into a small house with Isak’s brother and his wife. This house is located in a slum or “ghetto” where all Korean immigrants except those of great wealth, must live.

Isak’s brother has a job but for a family of four, soon to be five, more income is needed. Since Sanja and her mother had run a boarding house in Korea where she learned to cook, she and her sister-in-law prepare small Korean treats to be sold on the street. Many trials batter this small family as the years progress. The period during and right after WW II is especially difficult with rampant discrimination.

Their financial lot improves when the following generation becomes involved with the Pachinko Parlors. Pachinko is a Japanese gambling game of upright pinball machines. It is the one industry that the Koreans were allowed to work in. It is still today an industry that employs more people in Japan than the top ten auto manufacturers and accounts for nearly half of the country’s leisure activities.

—Anne Almquist

New Masthead

After nearly 20 years, it seemed time to retire the old and debut a new design. After an initial “Oh no! Change!” reaction, we hope it will settle in and be at home with our Green Hills readers.



From the Yes2HealthyLife Committee: BOOSTING BRAIN POWER

Adults need a healthy brain for all day focus. Recommendations to strengthen the brain include training your brain to stay focused and improving the ability to focus. Avoid anxiety and stress which may decrease concentration. Meditation has been proven in helping reduce stress and relieve anxiety. It can help you clear your mind of things that may be hampering ability to stay focused. When reading, slow down and read for longer periods slowly and carefully focusing. Memory challenges can be found online and in our library to help improve the ability to focus and improve memory. (Be sure to review Brain Activities in our library: Brain Changers 365, Build a Better Brain with 7 Activities Each Day by Lorene Lenning, Oscar Lenning, and Alisha Solan.)

In the area of “Believe It or Not,” 7 Awesome Health Benefits of Chewing Gum You Should Know About:

1) Chewing gum helps improve memory and cognitive performance. Research from the National Institute of Radiological Sciences in Japan and other centers suggest that the act of continuous chewing or moving of the jaws improves oxygen delivery to the brain, production of more glucose, disposal of CO₂ and increased activity in the area of the brain called hippocampus that is responsible for memory. These improved processes induce an increase in alertness, arousal level and motor control, which ultimately could lead to improvements in memory and cognitive performance. A caveat is that chewing too much gum could interfere with short-term memory.

Other benefits of chewing gum include

- 2) helps burn calories and manage weight,**
- 3) helps fight addiction to stimulants such as nicotine and caffeine,**
- 4) helps prevent tooth decay,**
- 5) reduces symptoms of stress,**
- 6) helps improve digestion,**
- 7) helps relieve heartburn and reflux.**

The author of this article also states that chewing gum may have dental consequences and many gums contain sugar or artificial sugars and chemicals.



SOURCES: “Exercises to Achieve A Healthy Brain for All Day Focus” by Grayson Wayne, and “5 Delightful Ways to Boost Your Brain Power” by David K William. Both articles found online in Health Today.

TRAINS!

A visit to Ludley-Land, a One-Room Iowa Country Layout in the Ludley Apartment, Green Hills, USA



Most of us have seen the through downtown Ames, coast by day and by night.

massive trains that grind traveling from coast to

Tiny replicas of those giants travel from wall to wall and around corners in Joe Ludley's hobby room in his and wife Shala's apartment at Green Hills. My wife ("Chimes" editor Molly) and I have had the privilege of seeing it recently.

Joe's layout grips the imagination as the giants do not. The cars and engines are tiny N scale, 1/160 to 1. Look at your thumb—that's about the size of most of the cars.



But they are perfect in detail. And so is Joe's layout built into one corner of his hobby room: two sets of tracks in a rough replica of old Marshalltown and other small Iowa towns; he and wife Shala once lived in Marshalltown. I was amazed over and over again. Near me is a replica of a "round" barn; over there is a working grain dumper that lifts one end of a truck so the grain it's carrying flows out the back; here is a "cow" car that actually moos when it is moved; nearby is the old Marshalltown pickle factory.

The imagination is completely taken in by all this including Joe's walls hung with case after case of train cars in various



vintages and sizes, including “garden size” suited for use outdoors. →

Joe knows the miniature train business, too. He and Shala travel to shows and exhibits nation-wide. Shala minds Joe’s setup when Joe takes a break or to look at other exhibitors’ displays, and to visit vendors’ booths. Shala loves watching the little kids’ expressions when they see Joe’s trains in action.



Technology has met the model train hobby as Joe uses a hand-held remote to control the engines’ microprocessors.

Joe is a happy visitor to the Green Hills woodshop. It is one of the amenities that “sold” him on moving here.

I asked Joe if there are other miniature train enthusiasts in Green Hills. He answered that he “hadn’t turned up any yet.” If you’re interested, you might contact Joe for a look at his small world of track and town.

BTW: Shala Ludley is a talented quilter. Her sewing machine and accessories are in a corner of another small room she shares with Joe’s computer desk. The Ludleys are masters at scaling down, just like Joe’s trains!

— Ed Ethridge



Allen Trenkle's Front-Page Letter: The Theme of Unexpectedness

The photo is star trails in the northern sky over the gazebo taken April 12 from 9 —10:15 pm.

The star trails circle around Polaris (North Star). The bright nearly straight line right of center is probably a plane, though it is different than large planes or satellites I've seen before - it might be a small plane at lower altitude. I can set my camera to take continuous images at a set shutter speed over a long period of time and then all the images (about 175 for this photo) are composited into one image by the camera. After the first image the camera only records new light, in this case movement of the stars. Polaris doesn't move relative to the earth so



it stays in the center. The first sentence is my description of the photo. This is my explanation to you of how I hope most readers of the letter understand that the theme of unexpectedness is shared in the written material and the photo.

More: The camera is capturing the movement (rotation) of the earth relative to the stars. Since the camera is recording new light in each image and if the exposure is long enough the rotation of the earth puts new light in a slightly different location on the image, hence light trails are created. I also use a filter on the camera lens that blocks some of the light pollution so the camera sees more stars than our eyes can see.

Ed's Cartoon Corner

Overheard at Men's Coffee:

"I don't work puzzles.
Even the new ones come
with missing pieces."



Thank you
Herb Harmison & Wayne Rowley

Current view out of
Paul Brackelsberg's kitchen window:

