

NEWS AND ANNOUNCEMENTS

April 2019
Events and Programs

NEIGHBORHOOD MEETINGS

Please join Rod in the Arts & Crafts Room for neighborhood meetings. A schedule is inserted in this newsletter for various meeting dates and times. If you are unable to attend at your scheduled time slot, you are welcome at any meeting time.

GREEN HILLS' SPRING RECYCLING DAY Monday, April 15 from 9:00 AM—12:00 PM

Please bring your gently used books, clothing, small appliances, household items and furniture to the north commons entrance. Donations to benefit local charities. Please call the reception desk (x5000) ahead of time if you are bringing big items.

NEW BISTRO HOURS

Starting Sunday, April 7th, Le Bistro will be adding Sunday hours. Le Bistro will be open every Sunday from 2:00 PM – 5:00 PM.

Anyone can use Le Bistro. It is open to all residents, guests and employees. No credit cards accepted but cash can be used.

PLASTIC BAG COLLECTION

We will continue to collect clean plastic bags for Camille to recycle into bed mats. Camille will pick up our collection once a month. Please bring your bags to the reception desk.

SOCIAL COMMITTEE / POTLUCK

The Social Committee now has a new name....Potluck (Social) Committee. The main responsibility of the Potluck (Social) Committee is to prepare and carry out the monthly Potluck activity. This includes a theme, setting up centerpieces, preparing the serving tables, assisting people with selecting their food choice, and clean up duties. The Potluck Committee could use more able bodied helpers to keep this popular activity going and to ensure it runs smoothly. Please contact Carol Grant if you would like to be on the committee or have questions.

Residents attending need to make sure they bring their own plates, silverware and beverage containers for themselves and any of their guests.

HAPPY BIRTHDAY!

Peggy Gurau—4/1
Molly Ethridge—4/2
Bobbie Nordyke—4/2
Joan Herwig—4/7
Norma Clatyon—4/8
Marilyn Keller—4/8
Bill Switzer—4/9
Trudy Yoder—4/11
John Johnson—4/13
Patricia Thompson—4/17
Joyce Mercier—4/18
Betty Dixon—4/19
LaRue Clark—4/20
Ruth Larson—4/20
Janet Wahl—4/25
Coleen Nutty—4/27

The Lindens

Marion Weiss—4/6

Health Care Center

Margo McNabb—4/2

Cedar Court

Ed Hamilton—4/12
Frank Rizzo—4/20
Carol Catus—4/29

TABLE OF CONTENTS

Special Events.....page 3
Linden Letter.....page 6
HCC Happenings...page 7
Off-Site Events.....page 8

Follow us:



DINING SERVICES

CHEF'S BREAKFAST

April 4, 11, 18, 25
8:00—10:00 AM

GREEN HILLS CAFÉ

Wednesday, April 10 and April 24

EASTER BUFFET

Two Seatings: 11:30 AM and 1:30 PM

LE BISTRO & LOUNGE HOURS

Monday, Wednesday, Friday 8:30 AM — 3:30 PM
Tuesday & Thursday 10:30 AM — 5:30 PM
Saturday Happy Hour 4:00 PM — 6:00 PM
Sunday 2:00 PM — 5:00 PM

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

RESIDENTIAL HEALTH SERVICES

Blood Pressure Clinic

Thursdays, April 4, 11, 25
9:30 AM
Oaks Apartment #510

Ames Hearing Aid Clinic

Tuesday, April 9
9:30 AM
Oaks Apartment #510

SHOPPING TRIPS 1:30 PM

HyVee: Mondays, April 1, 8, 15, 22, 29

Fareway: Thursdays, April 4, 11, 18

North Fareway: Thursday, April 25

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. \$5.00 per location (per person). A two-day notice is required. No fee for return to Green Hills.

IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Wally Kinzler.

MOVIES AT GREEN HILLS

QUARTET

Monday, April 1 at 7:00 PM
(Rescheduled from last month)
Main Dining Room

A trio of retired opera singers' annual celebration of Verdi's birthday sours when their estranged fourth member shows up but refuses to sing. (PG-13, 1 hour and 39 minutes, Comedy / Drama)

TRAVEL MOVIE: BEST OF EUROPE

Every Sunday in April at 1:45 PM
Aerobics Room

Belgium and Holland will be the European countries showcased. These travel movie showings will be dependent on the availability and temperature of the Aerobics Room.

NATIONAL CHAMPIONSHIP GAME

Monday, April 8 at TBD
Main Dining Room

Watch the 2019 Men's NCAA Championship Game with your friends in the Main Dining Room. Game time is still to be determined. Are your brackets busted yet?

MIRACLE

Monday, April 15 at 7:00 PM
Main Dining Room

Focused on achieving the impossible -- defeating the Soviet Union's unbeaten hockey team at the 1980 Winter Olympics -- brash U.S. hockey coach Herb Brooks unites a motley group of college athletes and turns them into a force to be reckoned with. (PG, 2 hours and 16 minutes, Drama)

BOHEMIAN RHAPSODY

Monday, April 22 at 7:00 PM
Main Dining Room

Born in Zanzibar, Farrokh Bulsara emigrated to England in his teens and formed the band Queen in 1970 under his new name, Freddie Mercury. This biopic charts the group's first 15 years, culminating with their Live Aid performance in 1985. (PG-13, 2 hours and 14 minutes, Drama / Biography)

THE MOUNTAIN BETWEEN US

Monday, April 29 at 7:00 PM
Main Dining Room

When a plane they've chartered to beat a storm crashes in a remote mountain area, two strangers must trust each other in order to survive the extreme elements. With little hope of rescue, they begin a perilous journey that will shape the course of their lives. (PG-13, 1 hour 52 minutes, Drama)

GREEN HILLS ON-SITE SPECIAL EVENTS

DEPARTMENT HEAD UPDATE

Monday, April 8 at 4:00 PM

Main Dining Room

Mollie F., Human Resources Director, and Josh A., Director of Facilities, will discuss their department roles. Join them in the Main Dining Room for a roundtable style meeting.

TRIALS TO TRIUMPH WITH ISU LEADERSHIP STUDENTS

Thursday, April 11 at 2:30 PM

Main Dining Room

At this program residents will share about an adversity they faced, how they made it through, and the good things that come from trials. This is to show the students that adversity will come whether we want it or not, but when we make it through the adversity we will be better and our character will be stronger. This will be a forum setting with a select number of residents presenting. Please see Stacie, Leisure Services Coordinator, with questions.

THE HEROIC AGE OF ANTARCTIC EXPLORATION, 1900-1916

Wednesday, April 17 at 10:00 AM

Main Dining Room

Around of the turn of the twentieth century, several intrepid adventurers set out to explore the interior of the Antarctic continent all the way to the South Pole itself. Although Norway's Amundsen won the race to the pole over Britain's Scott in 1911, it only stimulated later efforts by people like Mawson and Shackleton. This talk by John Dobson will describe the characters, ambitions, successes, and misadventures of these polar pioneers. A strong nationalistic component infused these peoples' activities, and the broader international competition for claims and achievements is a fascinating story as well.

AMES PUBLIC LIBRARY:

A Place for Everyone That is More Than Just Books!

Wednesday, April 24 at 10:00 AM

Main Dining Room

We all know that libraries are the central location for books, but the most vibrant libraries are more than that. In fact, the range of collections, programs and services is exceptionally broad. The Ames Public Library offers something for everyone, no matter who you are. Join us to hear about how the Library can enrich your life. Bring your devices so that a Library Technology Expert can help make the Library happen on your personal device!

APRIL

DEVOTION SERVICES

Wednesdays at 10:30 AM

HCC Activity Room

3- Christ Community

Pastor Kip Hamby

10- Northminster Presbyterian

Pastor Jim DuBois

17- Trinity Lutheran Church

Pastor Jon Rollefson

24- FUMC Communion:

Reverend Kerrin Kirkpatrick

A special thank you to our pastors and pianists who volunteer weekly to provide this special service.

GREEN OAKS MUSIC

Thursday, April 18 at 6:30 PM

Main Dining Room

This entertaining duo of Reggie Greenlaw and Curt Snook, play many styles of music...folk, Celtic, country, Americana, and classic rock with a few originals thrown in.

ARTIST RECEPTION

Saturday, April 20 at 3:00 PM

Lobby Area

Katrina Ruff is a student at Iowa State University studying Biological/Pre-Medical Illustration. She takes design courses and practices the mechanisms for creating interesting drawings both digitally and traditionally, as well as studying plants, animals, and our biological environment. Her goal is to communicate science through art.

SOCIAL DRUMMING

Tuesday, April 30 at 1:30 PM

Main Dining Room

Join this social group as you beat the drum to some of your favorite music. This is a fun way to make music while getting some exercise, too.

COMMUNITY WIDE EVENTS AT GREEN HILLS

| | |
|---|---|
| APRIL 1 (MON) 9:30 AM | WOMEN'S COFFEE We will meet in the Main Dining Room. Everyone is welcome to join. |
| APRIL 1 (MON) 3:00 PM | BINGO Join your friends and neighbors in the health care activity room for this popular game. Refreshments and prizes will be provided. |
| APRIL 2 (TUES) 4:00 PM | FIRST NATIONAL BANK SPRING SOCIAL All are invited to attend this event sponsored by First National Bank. |
| APRIL 3 (WED) 3:00 PM | TED TALKS Ted Talks will offer insight into a current issue with time for discussion. (Note the afternoon time.) |
| APRIL 3, 10, 17, 24 (WED) 3:00 PM | MEDITATION EXPLORATION All are welcome to attend sessions held Wednesdays in the Meditation Room on the 2nd floor of the Lindens. |
| APRIL 4 (THURS) 3:00 PM | SING-ALONG WITH US Spring is here! Join us in song with your friends and neighbors in the Main Dining Room. |
| APRIL 6 (SAT) 11:45 AM | POTLUCK Bring table ready food, serving utensils (all labeled) and table service including a beverage glass. Serving will begin at 11:45 AM. |
| APRIL 9 (TUES) 3:00 PM | NUTRITION PRESENTATION AND SAMPLING Presentation by Courtney B., Dining Services Director, and Mica Magtoto, ISU Nutritional Intern. This presentation will focus on gluten free food. |
| APRIL 10 (WED) 10:00 AM | GYM-N-EAT CRICKETS is the topic of this month's continuing education program led by Shelby Smith. |
| APRIL 13 (SAT) 2:00 PM | MCCOY STUDIO RECITAL This piano and string recital will feature students ranging from 5 years old to high school age. |
| APRIL 16 (TUES) 2:00 PM | BENEFITS OF AQUA EXERCISE Presentation by Carlye, Wellness Intern, held in the main dining room. |
| APRIL 17 (WED) 2:30 PM | TRIVIA TIME Meet in Le Bistro for a fun game of trivia. We will have a variety of categories. Everyone has a chance to win a prize! |
| APRIL 18 (THURS) 10:00 AM | KAFFEE KLATSCH All residents are invited to this social event. Refreshments will be provided. |
| APRIL 22 (MON) 10:00 AM | ARTIST RECEPTION WITH INGRID LILLIGREN Ingrid will speak about her vitrines which are displayed in the lobby area. Presentation will be held in the Main Dining Room. |
| APRIL 23 (TUES) 3:00—4:00 PM | LE BISTRO BANTER Get to know John H., Informational Technology Guru, at this month's Le Bistro Banter. |
| APRIL 26 (FRI) 10:00 AM | SUNSHINE STROLLERS SOCIAL Our health care residents love to visit with you! Come to the Main Dining Room and enjoy conversation and refreshments. |
| APRIL 26 (FRI) 4:30 PM | CLUB 2200 Join us for an afternoon get together. Alcoholic and non-alcoholic beverages, as well as snacks, will be provided. Grill out at 5:30 PM. |

CLUBS AND SUPPORT GROUPS

CLUB MEETINGS:

APRIL 10 (WED) **BOOK CLUB** This month we will be discussing the book *Dear Life: Stories* by Alice Munro. Carol Grant will be the discussion leader. (Lindens Sun Room)
2:00 PM

APRIL 18 (THURS) **WINDOWS COMPUTER CLUB** The Windows Computer Club's purpose is to exchange knowledge of the operating system and programs. (Arts and Crafts Room)
2:00 PM

APRIL 24 (WED) **TECHNOLOGY CLUB** Share your knowledge or get answers to your questions. All residents are encouraged to come. (Arts and Crafts Room)
1:30 PM

CHORUS PRACTICE

Every Friday at 1:15 PM
April 5, 12, 19, 26
Main Dining Room

TO-GO CONTAINERS

In April the to-go containers will be collected on Tuesday, April 9th and Monday, April 22nd. Containers can be left in the trash rooms in the Oaks and Maples. Townhouse residents may bring their containers to the first floor trash room in the Maples.

PROPERTY VALUATIONS 101: Understanding Your Property Tax Statement

Rod will help explain your property tax statement at these meetings held in the Main Dining Room.

There are two meeting options:
Wednesday, April 17 at 11:30 AM or
Monday, April 22 at 3:30 PM

SAVE THE DATES!!

Green Hills Chorus
Spring Concert
Thursday, May 9 at 2:00 PM
Main Dining Room

Green Hills Remembrance Service
Friday, May 17 at 2:00 PM
Main Dining Room

ALZHEIMER'S SUPPORT GROUP

Tuesday, April 9 at 10:00 AM
Health Care Activities Room

Green Hills offers a support group for family and friends of those who suffer from Alzheimer's Disease. This support group typically meets the second Tuesday of each month.

Information about Alzheimer's Disease will be available and there will be time to share stories, experiences and support. There is no charge to attend. For additional information, please contact Tina B., Social Services Coordinator, at 515-357-5020 or email: tinab@greenhillsrc.com.

CAREGIVER SUPPORT GROUP POSTPONED UNTIL RIAN RETURNS

AMES ECO FAIR 2019
Saturday, April 20
9:00 AM — 1:00 PM

Community Center Gymnasium

The City of Ames is excited to host the annual Eco Fair. In an effort to help Ames residents embrace energy conservation and sustainable practices, the Eco Fair will showcase booths, displays, and vendors featuring energy-saving products. Booths will include information on electric and water conservation, watershed protection, low-impact landscaping, and transportation efficiency.

There will be door prizes that will encourage energy efficiency, refreshing Ames water, cookies, and activities for all ages. Please join us on Saturday, April 20, 2019, at the Community Center Gymnasium, 515 Clark Ave. The Eco Fair is fun and educational for all ages.

Please note: If you plan to attend, be prepared for standing, walking and dealing with crowds.

THE LINDEN LETTER

NATIONAL CARAMEL DAY **Friday, April 5 at 3:00 PM**

Butter, sugar, milk and vanilla is all it takes to create this delicious treat! It was first created in the 18th century and has been a popular topping, filling, and treat itself ever since! Come celebrate this national holiday by sharing some delicious treats with us on the first floor!

DOCUMENTARY: THE WORLD'S MOST EXTRAORDINARY HOMES **Tuesday, April 9 at 3:00 PM**

This documentary stars architect Piers Taylor and actress Caroline Quentin as they travel the world touring beautifully unconventional homes. This episode, they travel to Spain and see a farmhouse made of steel, a home with a floating pool, a circular sanctuary and a shared dwelling of 3 sisters.

NATIONAL TITANTIC REMEMBRANCE DAY **Tuesday, April 16 at 3:00 PM**

You may know the story about the Titanic, but did you know the titanic printed their own newspaper? Or that there was only 2 bathtubs for all of third class? Join us for snacks and to learn more interesting facts about this ship.

EASTER SOCIAL

Friday, April 19 at 3:00 PM

Happy Easter! Come join the celebration on the first floor of the Lindens with plenty of snacks and conversation!

THE LINDENS EASTER LUNCH MENU **Sunday, April 21st, 2019**

MENU

Ham
Cinnamon Applesauce
Au Gratin Potatoes
Carrots with Fresh Dill
Assorted Dinner Rolls
Peach Pie

**Reservations for guests are required.
Please let us know if you plan to be out
this day for lunch.**

NATIONAL OATMEAL COOKIE DAY **Tuesday, April 30 at 3:00 PM**

A great source of iron and fiber—oatmeal cookies are a popular treat since the 1800's. Come to the first floor activity area in the Lindens and enjoy a cookie or two!

KNOW YOUR NEIGHBOR **Luci Hamilton**

Luci Hamilton was born in Iowa and grew up on a farm with her sisters. She has always lived in Iowa. She attended a country school near Fonda and ended up not going to college. Luci has been married to Ed Hamilton for 70 years and together they have a total of 5 children – two girls and three boys (one daughter and one son have passed away). Her son Denny lives in Missouri, Mike lives in Ames, and her daughter Jo Ellen lives in Delaware. Together they have 13 grand children. Luci devoted much of her life to being a house wife and helping on the farm. She also managed a golf course during the golfing seasons. In her spare time Luci likes to rest. Her hobbies consist of golf, playing cards, and being outside. She traveled a lot with her husband Ed when he was shipped and has been all over the world. Two things Luci really loved doing throughout her life was farming and cooking. A fun fact about Luci is that she won a beauty contest when she was 20 years old!

HEALTH CARE HAPPENINGS

WELCOME

We extend our warmest welcome to Jay Donaldson, Jerry Grady, Joan Loney and Mardell Christian.

NOTICE TO FAMILIES

It's that time of year again, time to clean out our closets, put away winter clothing and bring out the spring and summer things. We are asking families to please go through your loved ones clothing and take home winter items. This is a good time to make sure each item of clothing is clearly marked with their names. Let environmental or nursing staff know if you want us to label your clothes. Your cooperation is appreciated.

PLANT FLOWER SEEDS

Tuesday, April 2 at 3:00 PM

April showers bring May flowers! We will be planting flower seeds to later plant in the sensory garden. Join in on the spring-time fun in the Activity Room!

VOLUNTEER THANK YOU BAGS

Friday, April 5 at 3:00 PM

Our volunteers help us with so much...from giving hand massages, to helping with activities or office tasks, to visiting with residents. April is National Volunteer month. Come to the activity room to help us make thank you bags for our wonderful volunteers!

EASTER BUNNY VISIT

Saturday, April 20 at 9:00 AM

Spring is here and watch out today for the Easter bunny. The Easter bunny will be making room visits. Smile big for the picture!

THE PRICE IS RIGHT

Monday, April 29 at 2:30 PM

We will be playing our own version of the well-known game that was made famous by the host, Bob Barker. "Come on down" and guess the prices of every day (or not-quite-everyday) retail and home items. This game will be in the Activity Room.

CEDAR COURT

PIANO MUSIC WITH PAT LYDON

Monday, April 8 at 4:00 PM

Pat plays music at Green Hills monthly. He has a special talent—his musical library is all in his head! He plays his music by memory. "Bicycle Built For Two" and "Que Sera Sera" are just a few of his favorites!

ARBOR DAY—TREE TALK

Friday, April 26 at 4:00 PM

Arbor Day is a holiday where people are encouraged to plant or honor trees. Did you know that the ash tree has a very wide root system and should be planted 60 feet from a neighboring ash? We will be discussing many tree facts at this activity.

COFFEE CLATTER

Monday, April 29 at 3:30 PM

It's always a good day to eat pie. We will be having peanut butter and peach pie, while we mingle with friends.

ISU & COMMUNITY / OFF-SITE EVENTS

The bus has been scheduled for the following events. Please sign up early to reserve your seat on the bus! Tickets should be purchased on your own.

| | | | |
|---------------------|---------|---|--------------------------|
| Monday, April 1 | 6:45 PM | #MeToo-Why has it taken so long? | Memorial Union |
| Wednesday, April 3 | 6:15 PM | Everything You Wanted to Know about Indians but were Afraid to Ask | Memorial Union |
| Friday, April 5 | 6:45 PM | ISU Theatre: Godspell | Fisher Theatre |
| Saturday, April 6 | 1:15 PM | The Magic Flute Opera | Ames City Auditorium |
| Saturday, April 6 | 6:45 PM | Ames Town and Gown | Martha-Ellen Tye Hall |
| Tuesday, April 9 | 6:15 PM | Hertz Lecture on Emerging Issues in Agriculture | Curtiss Hall |
| Tuesday, April 9 | 7:30 PM | A Name Worth Fighting For: How Being Asian Got Me in Trouble | Memorial Union |
| Friday, April 12 | 6:45 PM | Actors: 39 Steps | Actors Theatre |
| Saturday, April 13 | 6:15 PM | ISU Fashion Show | Stephens Auditorium |
| Tuesday, April 16 | 1:30 PM | Making Healthcare Decisions | Stephens Memorial Chapel |
| Wednesday, April 17 | 6:15 PM | Renewing Reciprocity: Indigenous Food Systems and the Honorable Harvest | Memorial Union |
| Thursday, April 18 | 7:15 PM | Building Bridges or Walls: Where do the US and Mexico go from here? | Memorial Union |
| Wednesday, April 24 | 6:15 PM | Cheers to 50 Years! Stephens Auditorium Marks a Milestone | Ames Public Library |
| Thursday, April 25 | 6:15 PM | The Art of Fiction– A Reading & Conversation with Margot Livesey | Memorial Union |
| Sunday, April 28 | 6:45 PM | Bell Choir Concert | Collegiate Methodist |

LUNCH BUNCH TO THE IOWA CULINARY INSTITUTE Tuesday, April 23 at 11:00 AM

The Iowa Culinary Institute at Des Moines Area Community College (DMACC) is where education and excellence go hand in hand. Our institute is Iowa's premier culinary program and offers opportunities for the public to experience the culinary world at DMACC and participate in activities involving our Culinary Arts students and staff. Set price of \$14.00 will be billed to your account. Choice of entrée with a side and dessert. See the entrée menu in the bus book.

DINING OUT WITH ROD OLD CHICAGO

Monday, April 15 at 5:00 PM

At Old Chicago you will find a friendly atmosphere with unique specialty brews, delicious pizzas and a variety of entrees. Other entrees besides pizza include: burgers, fish and chips, calzones, baked pastas, and salads.

Sign up now in the bus book to eat at Old Chicago with Rod. Order off the menu and pay individually.