

# DISCOVER, EXPLORE AND MORE

**August 2019**  
Events and Programs

## 90TH BIRTHDAY CELEBRATION

**Thursday, August 8**

**2:00—4:00 PM**

You are invited to help celebrate Bob Deppe's 90th birthday on August 8 from 2:00 –4:00 PM in the Community Room.

## ANNUAL FISH FRY

**Thursday, August 22 at 5:30 PM**

**The Linden Patio Area**

Beer Battered Fresh Cod  
Fresh Perch with Cornbread Breading  
Creamy Coleslaw  
Seasoned Waffle Fries  
Homemade Tartar Sauce  
Fresh Baked Cookie  
Homemade Berry Lemonade

Bar will be open for other beverage purchases!  
Music by Planetpassengers.

\$20 per person billed to your account.  
Reservations required by Monday, August 19<sup>th</sup>  
at the reception desk.

## FIRST NATIONAL BANK HOURS

First National Bank has designated hours at Green Hills on Tuesday and Thursday mornings from 9:00 AM—11:00 AM. Their office is located in the hallway leading to the Community Room.

## ADA HAYDEN HERITAGE PARK GOLF CART TOURS

Each year the Friends of Ada Hayden Heritage Park lead golf cart tours of the park for mobility challenged adults. This year, Thursday, September 12 has been selected for a tour date with Friday, September 13 as the rain date. These are two hour long tours with a driver and interpreter on each golf cart. Green Hills has scheduled a bus for the morning tour, 9:30 –11:30 AM on Thursday, September 12. Sign up in the bus book to guarantee your spot for this special tour. **Spots are limited. Please sign up by Monday, September 2nd.** Bus departs Green Hills at 9:00 AM.

## HAPPY BIRTHDAY!

Gwen Wells—8/1  
Donna Bond—8/6  
Charles Oulman—8/6  
Robert Deppe—8/8  
Kenneth Hook—8/8  
Arlene Boyington—8/9  
Judy Smith—8/10  
John Greve—8/11  
Susan Fales—8/12  
Carol Pletcher—8/14  
Keith Whigham—8/15  
Charles Kniker—8/20  
Bev Kruempel—8/20  
John Mutchmoor—8/21  
Fran Theile—8/21  
Erwin Klaas—8/23  
Carol Wright—8/24  
Paul Brackelsberg—8/27  
Wayne Rowley—8/27  
Maryn Rogge—8/29

### The Lindens

Burkholder, Kathryn—8/2  
Lehman, Dean—8/9

### Health Care Center

Sogard, Margie—8/5  
Winterfeld, Doris—8/16

### Cedar Court

Walter, Jan—8/2

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## DINING SERVICES

### CHEF'S BREAKFAST

August 1, 8, 15, 29  
8:00—10:00 AM

### GREEN HILLS CAFÉ

Wednesdays, August 14 and August 28  
5:00 PM

### LE BISTRO & LOUNGE HOURS

Monday, Wednesday, Friday 8:30 AM —3:30 PM  
Tuesday & Thursday 10:30 AM —5:30 PM  
Saturday 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.**

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## RESIDENTIAL HEALTH SERVICES

### Blood Pressure Clinics

Thursday, August 1, 8, 22, 29  
9:30 AM

### Ames Hearing Aid Clinic

Tuesday, August 13  
9:30 AM

These services will meet in the Wellness Center Clinic space.

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## SHOPPING TRIPS 1:30 PM

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

**Fareway:** Thursdays, August 1, 8, 15, 22

**North Fareway:** Thursday, August 29

## 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.

## NAMETAG REMINDER

Please remember to wear your nametag to all in house Green Hills' events.

## MOVIES AT GREEN HILLS Held in the Green Hills Theatre

### BLACK PANTHER

**Monday, August 5 at 2:00 PM & 7:00 PM  
Friday August 9 at 2:00 PM**

After the death of his father, the king of Wakanda, young T'Challa returns home to the isolated high-tech African nation to succeed to the throne and take his rightful place as king. But when a powerful enemy reappears, T'Challa's mettle as king -- and Black Panther -- is tested when he's drawn into a formidable conflict that puts the fate of Wakanda and the entire world at risk. (PG-13, 2 hours 14 minutes, Action Adventure / Sci-Fi)

### SULLY

**Monday, August 12 at 2:00 PM & 7:00 PM  
Thursday, August 15 at 2:00 PM**

Viewers around the world were astonished in 2009 when airline pilot Chesley Sullenberger safely landed an Airbus 320 on the Hudson River after both engines were disabled. This fact-based drama illuminates Sullenberger's life and heroic achievement. (PG-13, 1 hour 36 minutes, Biography/Drama)

### BLACKKLANSMAN

**Monday, August 19 at 2:00 PM & 7:00 PM  
Friday, August 23 at 2:00 PM**

In the early 1970s, Ron Stallworth becomes the first African-American detective in the Colorado Springs Police Department. Determined to make a difference, he bravely sets out on a dangerous mission: infiltrate and expose the Ku Klux Klan. He recruits a seasoned colleague, Flip Zimmerman, into the undercover investigation. Together, they team up to take down the extremist organization aiming to garner mainstream appeal. BlackKlansman offers an unflinching, true-life examination of race relations in 1970s America that is just as relevant in today's tumultuous world. (R, 2 hours 15 minutes, Drama)

### OVERBOARD

**Monday, August 26 at 2:00 PM & 7:00 PM  
Thursday, August 29 at 2:00 PM**

In this reworking of the 1987 comedy of the same name, a spoiled-playboy yacht owner falls overboard, losing his memory in the process. After he's fished out, a disgruntled female employee learns that he has amnesia and begins to exact revenge. (PG-13, 1 hour 52 minutes, Romantic Comedy)

# GREEN HILLS ON-SITE SPECIAL EVENTS

## HOQ BREAKFAST FOOD STAND

Tuesday, August 6 from 8:00 AM—10:00 AM

Lindens Parking Lot

Suman, former Green Hills' Chef, is bringing his food stand to us for breakfast. His breakfast stand will feature a 100% Iowa breakfast Wrap: homemade Naan, free-range organic eggs, local vegetable, and cheese. Meat is optional.

## ENERGY CONSERVATION & THE HISTORY OF ELECTRIFYING AMERICA PRESENTATION

Tuesday, August 13 at 10:00 AM

Community Room

Kayley Lain, CEM Energy Services Coordinator, will speak about energy conservation in your home and how to reduce consumption. She will also tell the history of electricity from Edison to Enron and beyond. This presentation is sponsored by the Green Team Committee.

## LUNG DISEASE & THE BENEFITS OF EXERCISE

Friday, August 16 at 10:00 AM

Community Room

This presentation is by Stacy Weaver (Encore Rehabilitation Services Manager). She will discuss the different types of lung diseases: pneumonia, chronic obstructive pulmonary disease (COPD), emphysema etc. You will also learn how certain exercises can help keep you as strong as possible and hopefully decrease or prevent hospitalizations.

## SANTE FE TRAVEL PRESENTATION

Wednesday, August 21 at 10:00 AM

Community Room

Sante Fe, New Mexico's capital, sits in the Sangre de Cristo foothills. In February of 2020, we will take a trip to this popular travel spot. Everyone is invited to this special travel presentation to learn more details about the trip. This presentation is given by Collette Vacations. Refreshments will be provided.

## HEALTHY LIFE CENTER—BOND REFERENDUM

Wednesday, August 28 at 10:00 AM

Community Room

Nancy Carroll, Executive Director of Heartland Senior Services, will provide a 30 minute overview of the proposed intergenerational Healthy Life Center. A bond referendum vote is scheduled for Tuesday, September 10 to determine if Ames residents support financing \$29 million of the \$49 million project cost. There will be a response time at the end so you can ask questions about this project.

## SUNSHINE STROLLERS

Fridays, August 2, 9, 16, 23, 30 at 10:00 AM

Sensory Garden

Every Friday we will visit in the Sensory Garden or stroll the grounds (weather permitting). **Whether it is assistance needed to push a wheelchair, an arm for steadiness or simply someone to chat with, we could use your help!** Volunteers offer an important opportunity to enjoy the fresh air, sunshine and social interaction with Health Care Center residents. Meet in the Sensory Garden or Health Care Activity Room.

## CLUB 2200 & ROD'S

### FAREWELL TOAST

Friday, August 23

4:30 PM Social / 5:15 PM Toast

Community Room

Combined with Club 2200, there will be a toast to Rod to thank him for all of the years that he's served Green Hills. The Grill Out dinner will be served at 5:30 PM.

## AUGUST DEVOTION SERVICES Wednesdays at 10:30 AM HCC Activity Room

- 7- Christ Community  
Pastor Kip Hamby
- 14- Northminster Presbyterian  
Pastor Jim DuBois
- 21- Trinity Lutheran Church  
Pastor Jon Rollefson
- 28- Communion:  
First United Methodist  
Reverend Dr. Kirkpatrick

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

## COMMUNITY WIDE EVENTS AT GREEN HILLS

<b>AUG 1, 8, 22, 29 (THURS) 10:00 AM</b>	<b>MEN'S COFFEE</b> Meet in the Main Dining Room for this men's group social.
<b>AUG 1, 8, 15, 22, 29 (THURS) 1:30 PM</b>	<b>THE BISTRO STITCHERS</b> Meet in Le Bistro and bring any type of hand work you are currently working on. Get acquainted with others who are working on their own projects. Whether or not you have a project, you are welcome to sit and visit with this weekly informal social group.
<b>AUG 1 (THURS) 3:00 PM</b>	<b>SING-ALONG WITH US</b> Sing with your friends and neighbors in the new Community Room space. Refreshments will be provided.
<b>AUG 3 (SAT) 11:45 AM</b>	<b>POTLUCK</b> Bring table ready food, serving utensils (all labeled) and <b>table service including a beverage glass</b> . Serving will begin at 11:45 AM in the <u>Community Room</u> .
<b>AUG 5 (MON) 9:30 AM</b>	<b>WOMEN'S COFFEE</b> We will meet in the Main Dining Room. Everyone is welcome to join.
<b>AUG 6 (TUES) 3:00 PM</b>	<b>BINGO</b> Join your friends and neighbors in the health care activity room for this popular game. Refreshments and prizes will be provided.
<b>AUG 7 (WED) 10:00 AM</b>	<b>TED TALKS</b> Ted Talks will offer insight into a current issue with time for discussion. This program will be held in the Main Dining Room.
<b>AUG 7, 14, 21, 28 (WED) 3:00 PM</b>	<b>MEDITATION EXPLORATION</b> All are welcome to attend sessions held Wednesdays in the Meditation Room on the 2nd floor of the Lindens.
<b>AUG 7 (WED) 4:00 PM</b>	<b>FIRST NATIONAL BANK WINE &amp; CHEESE SOCIAL</b> Everyone is welcome to attend this social hosted by First National Bank. This event will be held in the Community Room.
<b>AUG 13 (TUES) 2:30 PM—3:30 PM</b>	<b>LE BISTRO BANTER WITH MIKE</b> Get to know Mike M., Plant Operations Team Leader, at this monthly social held in Le Bistro.
<b>AUG 14 (WED) 10:00 AM</b>	<b>LANDMARK DISCOVERIES IN THE MICROBIAL WORLD THAT CHANGED OUR LIVES FOR THE BETTER</b> is the topic of this month's Continuing Education program presented by Bill Fales. This presentation will be held in the Community Room.
<b>AUG 15 (THURS) 10:00 AM</b>	<b>KAFFEE KLATSCH</b> All residents are invited to this social event held in the Main Dining Room. Refreshments will be provided.
<b>AUG 20 (TUES) 3:00 PM</b>	<b>WALKING BINGO</b> This isn't your typical bingo! Get out your walking shoes for Walking Bingo. Meet by the outdoor exercise equipment.
<b>AUG 21 (WED) 2:30 PM</b>	<b>TRIVIA TIME</b> Join us for an afternoon of snacks and intellectual wellness with the emphasis on fun! There are 6 categories with various degrees of difficulty, so everyone can participate. Meet in the <u>Hickory Meeting Room</u> .
<b>AUG 23 (FRI) 4:30 PM</b>	<b>CLUB 2200 &amp; TOAST TO ROD</b> Alcoholic and non-alcoholic beverages, as well as snacks, will be provided. Toast at 5:15 PM, with the Grill Out at 5:30 PM. Sign up at the reception desk for the Grill Out.

# CLUBS AND SUPPORT GROUPS

## CLUB MEETINGS:

<b>AUG 14 (WED)</b> 2:00 PM	<b>BOOK CLUB</b> This month we will discuss the book <i>The Song of the Lark</i> by Willa Cather. Carol Grant will be the discussion leader. <b>(Pine Meeting Room)</b>
<b>AUG 15 (THURS)</b> 2:00 PM	<b>WINDOWS COMPUTER CLUB</b> The Windows Computer Club's purpose is to exchange knowledge of the operating system and programs. <b>(Arts and Crafts Room)</b>
<b>AUG 28 (WED)</b> 1:30 PM	<b>TECHNOLOGY CLUB</b> Share your knowledge or get answers to your questions. All residents are encouraged to come. <b>(Arts and Crafts Room)</b>

### ALZHEIMER'S SUPPORT GROUP

**Tuesday, August 13 at 10:00 AM**  
**Health Care Activity 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](mailto:tinab@greenhillsrc.com).

### CAREGIVER SUPPORT GROUP


**Monday, August 19 at 2:00 PM**  
**Lindens Meditation Room**

Often times, we hear caregivers say they are looking for support from people who "really understand because they've been there too." Our Caregiver Support Group offers just that- a place for caregivers, families, and friends to meet and develop a mutual support system. The Caregiver Support Group allows people to exchange practical information on caregiving problems and discuss possible solutions, talk through challenges and ways of coping, share feelings, needs and concerns, and learn about resources available at Green Hills and in the community.

The Caregiver Support Group meets every third Monday of the month for an hour, from 2:00— 3:00 pm in the Lindens Meditation Room.

Please contact Rian J., Health and Wellness Nurse Navigator at 515-357-5033 or [rianj@greenhillsrc.com](mailto:rianj@greenhillsrc.com) for any questions.

### BILLIARDS & CRIBBAGE

 Cribbage is a card game that is traditionally played with 2 players and a standard 52-card deck. Roger Beckett is the current holder of the Traveling Trophy for this fun game! Contact Roger (5218) if you are interested in playing or want to learn how to play.

Residents are also still playing billiards! If you are interested in playing or learning how to play, contact Herb Harmison (5396). Our Green Hills Billiards table is located on the second floor of the Lindens.



### POOL TIME WITH KATHRYN

Pool Time with Kathryn is not scheduled over the summer from Memorial Day to Labor Day. We are looking for residents to host an hour during Kathryn's regular swim times. There will be a clipboard to sign up outside the Fitness Room on the bulletin board in the Wellness Center. This will let others know that a buddy will be present. Contact Brett, Wellness Coordinator, if you have any questions.

### TO-GO CONTAINERS

A total of 80 container boxes were delivered to Food at First for the month of July. Pickup dates for August will be Tuesday, August 6th and Tuesday, August 20th. There is a large green box located in the Maples first floor trash room for your containers, or Oaks and Maples residents may use the trash rooms on their respective floors. Thanks for washing the containers before bringing them to the collection sites.





# THE LINDEN LETTER

## **PLANT POTTING SOCIAL**

**Saturday, August 3rd at 3:00 PM**

Do you have a green thumb or have you ever kept your own flower garden? Studies show that flowers have a long-term positive effect on our moods. We want to plant flowers to spruce up the Lindens and bring joy to everyone who walks by. Come help us plant and arrange some new flowers for the entry way. We'll meet on the first floor.

## **BIRTHDAY PARTY**

**Monday, August 5th at 3:00 PM**

Happy August birthdays! We'll meet on the first floor of the Lindens to celebrate Kathryn and Dean's birthdays with cake, ice cream, and fellowship.

## **IOWA STATE FAIR SOCIAL**

**Thursday, August 8th at 3:00 PM**

Nothing compares to the Iowa State Fair! Our great fair is known for its food on a stick, the butter cow, carnival rides, people watching, and fun atmosphere that highlights Iowa's agricultural roots. It is considered one of the best fairs in the country! We will celebrate the kickoff of this year's fair by reminiscing and sharing stories about our own visits to the fair. We will meet on the first floor of the Lindens.

## **NATIONAL BANANA SPLIT DAY**

**Monday, August 26th at 3:00 PM**

You'll go bananas for this yummy day of recognition! We're meeting on the first floor of the Lindens to indulge our sweet tooth with a banana split. See you there!

## **NATIONAL RED WINE DAY**

**Thursday, August 29 at 3:00 PM**

Want to wind down with some wine and chocolates? We have just the social for you! Come over to the first floor of the Lindens and enjoy some well-deserved relaxation time. Cheers!

## **IOWA STATE FOOTBALL GAME SOCIAL**

**Saturday, August 31st at 11:00 AM**

Football season has officially started! This year they have two new assistant coaches who were former quarterbacks for the team—Joel Lanning and Kyle Kempt. We will kick off the 2019-2020 football season with a tailgate social on the first floor of the Lindens. The Iowa State Cyclones will take on the Northern Iowa Panthers at 11:00 AM. We will enjoy some snacks as we cheer on our favorite team. Be sure to wear your team's colors! Go State!

## **STAFF SPOTLIGHT**

### **Carrie Thompson**

Carrie is a full time Home Health Aide and helps out as a Resident Aide in Assisted Living. She has worked at Green Hills for two and a half years. Carrie's favorite part of working here is getting to personally know the residents, especially where they have traveled. One of her career goals is to become a Registered Nurse in a cardiology department. Carrie enjoys her free time with her 3-year-old daughter, Dillan. She hopes to someday travel to all 50 States. She's almost halfway there, as she has visited over 20 of them. We are so lucky to have Carrie as part of our Green Hills Team.



# HEALTH CARE HAPPENINGS

## WELCOME

We extend our warmest welcome to Sharon Vandevoorde, Marion Weiss, and Linda Handsacker.

## ALOHA HAWAII

**Monday, August 5 at 3:00 PM**

Alexis, Administrator-in-Training, is hosting this special event. Come celebrate 60 years of Hawaii joining the United States. We will have a social to talk about your travel experiences, pictures of these beautiful islands and educate you about the state. Refreshments will be provided.

## LUNCH BUNCH TO THE MANDARIN

**Thursday, August 8 at 10:45 AM**

This restaurant has been voted "Best Asian/Chinese Food in Ames" multiple times in the past 10 years! Money is not needed for meal outings; the lunch will be billed to the resident's account. We are able to accommodate wheelchairs on this outing.

## BUBBLES WITH KIDS

**Wednesday, August 14 at 3:00 PM**

Maggie, Leisure Services Assistant, has a 2 year old nephew named Leon, a 7 month old nephew named Kinnick, and a 4 month old niece named Madison. Leon is full of energy and Kinnick and Madison are full of baby giggles! Join us in the Sensory Garden to blow bubbles, get your baby fix, and enjoy the August sunshine!



## CYCLONE SOCIAL

**Monday, August 26 at 3:00 PM**

This is the first day of classes for students and faculty at Iowa State University. Many of you worked or studied at this school, and are huge Iowa State sports fans. Wear your cardinal and gold for this fun afternoon social!

## MOVIE: WIZARD OF OZ

**Tuesday, August 27 at 3:00 PM**

Can you believe this movie was filmed 80 years ago? In honor of the anniversary, we will be showing this fun musical movie! Follow the Yellow Brick Road to Aspen Court living room to see what happens when a tornado rips through Kansas and whisks Dorothy and her dog, Toto, away to the magical land of Oz.

## CEDAR COURT

### SPA DAY

**Tuesday, August 13 at 1:00 PM**

Be pampered today with a glass of sparkling juice while we give massages and listen to relaxing music.

### FAIR REMINISCING

**Thursday, August 15 at 1:00 PM**

The internationally acclaimed Iowa State Fair attracts more than a million people from all over the world each year. We will reminisce and discuss our experiences with this fun event.

### HOMEMADE ICE CREAM

**Thursday, August 22 at 1:00 PM**

Do you remember making homemade ice cream when you were young? Nowadays, it is much easier. Enjoy this special treat for dessert!

### BINGO

**Thursday, August 29 at 1:00 PM**

Our table game this month will be Bingo! Join us and try to get five in a row! We may do different varieties of Bingos, such as picture frame or black out.

# 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.

Thursday, August 1	7:15 PM	Central Iowa Symphony	Bandshell Park
Friday, August 2	1:00 PM	Traveling Poker/Campus Walk	Iowa State Campus
Saturday, August 3	10:00 AM	Scenic Bus Ride ( Departs from the HCC Entrance)	Ledges State Park
Saturday, August 10	6:00 PM	Parkinson's Singing Festival	First Baptist Church
Wednesday, August 14	8:30 AM	Older Iowan's Day at Iowa State Fair	Iowa State Fair Grounds
Friday, August 16	6:45 PM	Senior Variety Show	Ames City Auditorium
Saturday, August 17	12:15 PM	ISU Volleyball: Cardinal & Gold Scrimmage	Hilton Coliseum
Friday, August 23	1:00 PM	GH Park Walk: Moore Memorial Park	Ames
Friday, August 23	5:15 PM	ISU Volleyball vs Creighton	Hilton Coliseum
Saturday, August 31	10:00 AM	ISU Football vs UNI	Jack Trice Stadium

## SPECIAL BUS EVENTS

### IOWA STATE FAIR

**Wednesday, August 14 at 8:30 AM**

It's fair time! Nothing compares to the Iowa State Fair! There are so many things to see and do such as the livestock shows, arts exhibits, the famous Butter Cow or see what is for sale in the Varied Industries Building. Sightseeing and lunch will be on your own. Sign up in the bus book. Bus will depart the fair at 2:00 PM.

### LUNCH BUNCH TO CORNBRED BARBEQUE

**Tuesday, August 20 at 10:45 AM**

The team at Cornbred Barbeque started by competing in BBQ contests and then serving out of a food truck. Now they are established in their new location in the historic Train Depot in Ames. They are passionate about serving the best BBQ in the world! The lunch menu features a variety of tasty options including craft meats (brisket, burnt ends, spareribs) trimmings (cornbread pudding, esquites, creamy pineapple slaw) and hand-helds that are served with house-made chips. Sign up in the bus book to reserve your spot!

### DAYTRIP: TAMA COUNTY TOUR

**Tuesday, August 27 at 8:45 AM Estimated return: 4:00 PM**

Travel with us to Tama County! We'll stop at Matchstick Marvels to view the incredibly detailed scale models of life-like sculptures, complex machines, and world renown architecture using ordinary wood matchsticks! Tour cost of \$5.00 per person will be billed to your account. Enjoy lunch at Spanky's Restaurant in Gladbrook known for their great barbecue. Order from the menu and pay individually. Before heading out of town, we'll stop to see the Freedom Rock that was added in 2010 by artist Bubba Sorensen II. Our last stop will be the Meskwaki Cultural Center and Museum in Tama. Get a glimpse into the tribe's rich, cultural legacy and learn about their traditions.

