

NEWS AND ANNOUNCEMENTS

January 2020
Events and Programs

OSHER LIFELONG LEARNING INSTITUTE (OLLI)

Two OLLI classes will be offered at Green Hills in January. #16, a one week class on January 16 is called "A New Direction in American Art - Benton, Curry and Wood" and #12 "Learning to Play the Native American Flute" will meet Wednesday, January 15 for four weeks. More information as to cost and how to register, is in the catalog located in the Green Hills' library.

Green Hills Retirement Community presents....

CANADIAN ROCKIES featuring Rocky Mountaineer September 30– October 7, 2020

Set out to explore the beautiful Canadian Rockies by train. This timeless adventure begins in the city of Vancouver. Highlights include: Stanley Park, Rocky Mountaineer, Kamloops, Lake Louise, Banff, Icefields Parkway, Calgary and a Glacier Adventure Choice. Travel tour provided by Collette Vacations. You will need a current passport for this trip.

You are invited to a special Travel Presentation on Friday, March 13 at 2:00 PM in the Community Room.

TECHNOLOGY CLASSES AT GREEN HILLS

Sign up at the reception desk for a variety of technology classes offered at Green Hills and taught by John H., Information Technology Support. (See the insert for the class list, day and times offered.) Classes are complimentary but require at least 3 participants attending or they will be canceled. All classes will be held in the Green Hills Theatre.

HEARTLAND ADULT DAY SERVICES

Heartland Adult Day will be starting services at Green Hills on February 4, 2020 in the Hickory Room. Heartland will be using the Hickory Room every Tuesday from 9:30 AM–1:30 PM for adult day services. They will be bringing their own 8 clients until they receive enough participation from Green Hills residents. To sign up for the program, contact Laurie Yocum ADC Director at Heartland Senior Services by calling 515-233-2906.

HAPPY BIRTHDAY!

Kemp Miller—1/2
Eilene Hovick—1/3
Karen Coletti—1/4
Clifford Smith—1/6
Ellie Mathews—1/7
Si Silence—1/7
Maryan Tebbutt—1/7
Fran Berger—1/9
Vince Hassebrock—1/11
Edra Wheelock—1/11
Ginny Everett—1/13
Carole Magilton—1/13
Motoko Oulman—1/15
Mary Jo Ganske—1/16
Ted Hutchcroft—1/18
Carolyn Walkup—1/18
Etha Hutchcroft—1/19
David Gradwahl—1/22
Marjorie Allison—1/24
Rachel Crawford—1/25
Carol Grant —1/25
Rae Reilly—1/25
David Stephenson—1/28
George Burnet—1/30

The Lindens

Nancy Blomgren— 1/31

Health Care Center

Melba Gschneider — 1/1
Vivian Osborn — 1/16

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DINING SERVICES

CHEF'S BREAKFAST

Thursday, January 2, 9, 16, 23, 30
8:00—10:00 AM

WINTER PARTY

Thursday, January 9 at 5:30 PM

GREEN HILLS CAFÉ

Wednesday, January 15 and January 29
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.**

GH Grill and Le Bistro are closed on January 1.

RESIDENTIAL HEALTH SERVICES

Blood Pressure Clinic

Thursdays, January 2, 9, 23, 30
9:30 AM

Ames Hearing Aid Clinic

Tuesday, January 14
9:30 AM

These services will meet in the Wellness Center Clinic space.

TRANSPORTATION BY REQUEST

For Oaks, Maples, and townhome 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.

IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Mary Wicks, Dean Kennebeck and Jan Burkhart.



MOVIES AT GREEN HILLS Held in the Green Hills Theatre

BUTCH CASSIDY & THE SUNDANCE KID

Monday, January 6 at 7:00 PM
Friday, January 10 at 2:00 PM

The true story of fast-draws and wild rides, battles with posses, train and bank robberies, a torrid love affair and a new lease on outlaw life in far away Bolivia. It is also a character study of a remarkable friendship between outlaw Butch and his closest associate, the fabled, ever-dangerous Sundance Kid. (1969, PG, 1 hour 53 minutes, Drama/Crime)

A DOG'S PURPOSE

Monday, January 13 at 7:00 PM
Thursday, January 16 at 2:00 PM

A devoted dog discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan. As the boy grows older and comes to a crossroad, the dog once again comes back into his life to remind him of his true self. (2017, PG, 2 hours, Fantasy/Drama)

THE PROFESSOR AND THE MADMAN

Monday, January 20 at 7:00 PM
Friday, January 24 at 2:00 PM

Based on the 1998 book 'The Surgeon of Crowthorne' by Simon Winchester, the life of Professor James Murray is portrayed as he begins work on compiling words for the first edition of the Oxford English Dictionary in the mid-19th century. As he led the overseeing committee, the professor received over 10,000 entries from one source in particular - a patient at Broadmoor Criminal Lunatic Asylum, Doctor William Minor. (2019, 2 hours 4 minutes, Historical Drama)

IF BEALE STREET COULD TALK

Monday, January 27 at 7:00 PM
Thursday, January 30 at 2:00 PM

In early 1970s Harlem, daughter and wife-to-be Tish vividly recalls the passion, respect and trust that have connected her and her artist fiancé, Fonny. Friends since childhood, the devoted couple dream of a future together, but their plans are derailed when Fonny is arrested for a crime he did not commit. (2018, R, 1 hour 59 minutes, Drama/Crime)

GREEN HILLS ON-SITE SPECIAL EVENTS

**ARTIST RECEPTION WITH
DEB ANDERS-BOND
Monday, January 6 at 3:00 PM
Lobby Area**

Meet in the Lobby Area to hear Deb Anders-Bond talk about her collage artwork which is on display in the Green Hills Art Gallery. Deb has been a SoulCollage Facilitator since 2004. SoulCollage is a creative and satisfying collage process. Refreshments will be provided.

**POLAR BLAST WINTER PARTY
Thursday, January 9**

**5:30 PM Hors D'oeuvres Buffet
5:45 The Planetpassengers
Community Room**



Hors D'oeuvres

Shrimp Cocktail
Mini Beef Wellington
Charcuterie & Olives
Cheeses, Grapes & Berries
Fig & Mascarpone Phyllo Purse
Assorted Dessert Samplers



**RSVP required by Monday, January 6th
\$17.00/person**

GH Signature Punch will be complimentary.
Full Bar will be open featuring champagne, mimosas, wine,
and beer for purchase!

**GREEN HILLS SERVICE PROJECT
Monday, January 20 from 9:00 AM—1:00 PM
Main Dining Room**

The Martin Luther King Jr. holiday on Jan. 20, 2020, marks the 25th anniversary of the day of service that celebrates the Civil Rights leader's life and legacy. Observed each year on the third Monday in January as "a day on, not a day off," MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities.

A Green Hills service project is being planned for Martin Luther King Day on Monday, January 20. There will be a variety of projects to help with for all skill levels. Come to the Main Dining Room whenever you are free between 9:00 AM and 1:00 PM to help with the projects. The projects are sponsored by Bethesda Lutheran Church. Details about individual projects will be provided later.

**JANUARY
DEVOTION SERVICES
Wednesdays at 10:30 AM
HCC Activity Room**

- 1- New Years Holiday (No Service)
- 8- Hymn Sing
- 15- **Trinity Lutheran Church:**
Pastor Rollefson
- 22- **FUMC Communion:**
Pastor Kerrin Kirkpatrick
- 29- To be determined

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

**TRIVIA TIME
Friday, January 17 at 3:00 PM
Le Bistro**

Meet in Le Bistro for a fun game of trivia. Question categories this month are: Family Affair, Trends, Color My World, One Word Titles, Bird's Eye View and This & That.

**LE BISTRO BANTER WITH
LEISURE SERVICES
Tuesday, January 21
4:00—5:00 PM
Le Bistro**

This month we are highlighting the Leisure Services Department team members. The department consists of 5 people, with 2 full time staff members and 3 part time staff. Come to Le Bistro to get to know the ladies of Leisure Services.

ISU BASKETBALL GAME WATCH

Join your friends and cheer on the Cyclones together! Location will be determined and will be either in the Theatre, Main Dining Room or the Community Room.



COMMUNITY WIDE EVENTS AT GREEN HILLS

JAN 2 (THURS) 3:00 PM	<u>SING-ALONG WITH US</u> Come to the Main Dining Room for this sing-along with your friends and neighbors. Refreshments will be provided.
JAN 3 (FRI) 10:00 AM	<u>TED TALKS</u> Herb Harmison will lead this discussion in the Green Hills Theatre. Note the change of date.
JAN 4 (SAT) 11:45 AM	<u>POTLUCK</u> Bring table ready food, serving utensils (all labeled) and table service including a beverage glass. Serving will begin at 11:45 AM in the Community Room.
JAN 6 (MON) 9:30 AM	<u>WOMEN'S COFFEE</u> We will meet in the Main Dining Room. Everyone is welcome to join.
JAN 8 (WED) 10:00 AM	<u>THE GENETICS OF CANCER</u> Alan Atherly will present this month's Continuing Education program. Topics covered will include how genes are inherited from generation to generation, what cancer is and what causes it, and what can we do to avoid cancer.
JAN 8, 15, 22, 29 (WED) 3:00 PM	<u>MEDITATION EXPLORATION</u> All are welcome to attend sessions held Wednesdays in the Meditation Room on the 2nd floor of the Lindens.
JAN 9 (THURS) 5:30 PM	<u>POLAR BLAST WINTER PARTY</u> This annual event is always a good time. Come for the food, the music or to dance. Sign up by Monday, January 6th. Hors d'oeuvres buffet begins at 5:30 PM. Cost: \$17.00 per person. Music and dancing are complimentary.
JAN 10 (FRI) 3:00 PM	<u>BINGO</u> Join your friends and neighbors in the health care activity room for this popular game. Refreshments and prizes will be provided.
JAN 13 (MON) 1:00 PM	<u>WII GAMES</u> Brett will host Wii games in the Aerobics Room. Watch or play a variety of video games designed to get you moving.
JAN 16 (THURS) 10:00 AM	<u>KAFFEE KLATSCH</u> All residents are invited to this social event. Refreshments will be provided. Held in the Main Dining Room.
JAN 16 (THURS) 6:30 PM	<u>TODD & FRIENDS</u> Todd C., Green Hills Dietary Manager, is a member of this informal band who will share their music with us today in the Community Room.
JAN 18 (SAT) 3:00 PM	<u>NAI-YING PIANO RECITAL</u> All are welcome to watch Nai-Ying's students play for their January recital in the Community Room.
JAN 22 (WED) 3:00 PM	<u>QUILT PROGRAM</u> Members from the Iowa State Women's Club—Quilting Division will be here to present on quilts they made. The quilt presentation will last approximately 45 minutes with time for questions at the end. Refreshments will be provided.
JAN 24 (FRI) 4:30 PM	<u>CLUB 2200</u> 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.
JAN 31 (FRI) 10:00 AM	<u>SUNSHINE STROLLERS SOCIAL</u> Meet in the Health Care Activity Room to socialize with residents around the community and enjoy a nice treat.

CLUBS AND SUPPORT GROUPS

CLUB MEETINGS:

JAN 8 (WED) 2:00 PM	<u>BOOK CLUB</u> This month we will be discussing the book <i>From Scratch: A Memoir of Love, Sicily, and Finding Home</i> . Nancy Martin will be the discussion leader. (Hickory Room)
JAN 16 (THURS) 2:00 PM	<u>WINDOWS COMPUTER CLUB</u> The Windows Computer Club's purpose is to exchange knowledge of the operating system and programs. (Arts and Crafts Room)
JAN 29 (WED) 1:30 PM	<u>TECHNOLOGY CLUB</u> Share your knowledge or get answers to your questions. All residents are encouraged to join. (Arts and Crafts Room)

THANK YOU

to the Green Hills Choir
 along with director Dick McCoy,
 and accompanist Francine White
 for performing such a wonderful
 holiday concert.

We appreciate all of your
 hard work and dedication!

CALLING ALL PEOPLE WITH MUSICAL TALENT

The Green Hills Chorus will resume practice on a weekly basis beginning Friday, January 17 at 9:00 AM in the Community Room. If you would like to join the chorus, just show up for practice. If you have another musical talent you would like to share at the spring concert, please contact Dick McCoy at #5393.

TO-GO CONTAINERS

A total of 73 container boxes were delivered to Food at First for the month of December. **From February 2019 through December 2019 a total of 701 boxes were donated to Food at First.** Just a reminder that only the large containers with attached tops are taken. Containers smaller than these or from sources outside of Green Hills are not used. Pickup dates for January will be Tuesdays, January 7th and 21st.

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. **A special thanks to LoAnne Worth for collecting and delivering the containers to Food at First.**

JOHN WAYNE MOVIES

Friday, January 3, 10, 17, 24, 31 at 7:00 PM
Green Hills Theatre

We have the epic collection of John Wayne movies and will begin showing the earlier films and work towards the most recent. The following movies will be shown this month: *She Wore a Yellow Ribbon*, *Operation Pacific*, *Flying Leathernecks*, *Big Jim McLain*, and *Trouble Along the Way*.

ALZHEIMER'S SUPPORT GROUP

Tuesday, January 14 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 tinab@greenhillsrc.com.

GAMES IN LE BISTRO

Fridays, January 3 and January 31 at 2:00 PM
Le Bistro

Come to Le Bistro to play games with your friends and neighbors. Bring your own game or play a game provided in Le Bistro. **This activity is resident run; no staff will be in attendance.**

***We are like a snowflake,
 all different in our own beautiful way.***

THE LINDEN LETTER

NATIONAL BLOODY MARY DAY **Wednesday, January 1 at 3:00 PM**

Ring in the new year with a Bloody Mary. This popular cocktail containing vodka, tomato juice, spices or other flavorings, is served with a celery stick or dill pickle. It had its debut at the Ritz Hotel in Paris in 1921 and was originally named the “Bucket of Blood.” Join the Linden staff and tenants in the afternoon for a refreshing drink!



BIRTHDAY PARTY

Tuesday, January 14 at 3:00 PM

This month we have one birthday to celebrate—Nancy Blomgren! Join us in celebrating with refreshments and help sing “Happy Birthday” to Nancy.

ICE CREAM SOCIAL

Tuesday, January 21 at 3:00 PM

Join us Tuesday afternoon for an ice cream social. Enjoy some conversation with Linden staff and tenants and create a yummy treat with all the fixings. Ice cream socials date back to the 18th century in North America at the White House.

DOCUMENTARY SERIES

Saturday, January 25 at 3:00 PM

Another new activity we can't wait to begin, in January, is our monthly documentary series. Join us on the first floor of the Lindens and enjoy an interesting documentary while snacking on popcorn and candy.

TOUR OF THE AMENITIES

Monday, January 27 at 3:00 PM

Stretch your legs by taking a walk to view the newest addition to Green Hills during a walking tour of our various amenities. Meet on the first floor, and get ready see all that Green Hills has to offer.

GAMES WITH JESSICA

Thursday, January 30 at 3:00 PM

Get to know Jessica, Green Hills' Administrator, at this activity. Jessica will teach you how to play bunco or will play other games you are interested in. There are a variety of game options from card games to board games to word puzzles.

COOKIE DECORATING

Friday, January 31 at 3:00 PM

Want to decorate cookies while enjoying some great conversations? We will have several colorful options for decorating! Please join the group for a creative afternoon with a delicious finish.

STAFF SPOTLIGHT: Cameron Anderson

Cameron has worked at Green Hills for almost a year. He is a resident aide in Assisted Living and works with Home Health clients when needed. Cameron will be graduating from Iowa State this December with a degree in Kinesiology and Health. Cameron plans to attend Physician's Assistant school in the fall.

Two fun facts about Cameron—he has never flown on an airplane and he shares a birthday with fellow aide, Allison Buckert. We are so lucky to have Cameron as a member of the Green Hills team!



HEALTH CARE HAPPENINGS

WELCOME

We extend our warmest welcome to Bill Ferguson, Marge Benson, Mo Reimers and Phil Lehman.

FRIDAY GAMES

Fridays, January 3, 10, 17, 24, 31

Calling all game players! We are starting a new weekly game day on Friday afternoons. Most of these games will be played in the activity room. This month we will be playing Bridge, Bingo, Skip-Bo, Shanghai Rummy, and Bunco. If you don't know how to play, come anyway! We will have fun learning and playing the games together.

LAW ENFORCEMENT GOODIE BAGS

Tuesday, January 7 at 3:00 PM

National Law Enforcement Day is on January 9th. We need your help making appreciation goodie bags to give to the police officers in Ames. Then, on Wednesday, January 8th, Ames Police Officer, Kurt Kruger will come to Green Hills to share about his career in law enforcement. We will surprise him with the goodie bags.

HONEYMOON DESTINATIONS

Monday, January 13 at 8:45 AM

Our Leisure Services Assistant, Hannah, got married on November 9, 2019. She is now planning her honeymoon and needs advice and suggestions from experienced travelers! If you have been somewhere that you think would make a good honeymoon destination or have any travel suggestions for the newlyweds, join us in helping Hannah brainstorm her memorable trip.

CHINESE NEW YEAR DINNER

Monday, January 27 at 5:15 PM

We will be celebrating the Chinese New Year today by ordering Chinese food for dinner. Green Hills will order a large quantity of a couple entrée items. No charge to those who want to eat. Let us know what your favorite Chinese food entrees are!

CEDAR COURT

SHOULDER MESSAGES

Fridays, January 10, 17, 24 at 9:15 AM

Receive a shoulder massage on these mornings to help you start your day off in a relaxing way. Studies show that massages reduce stress and pain, improve circulation and eliminate toxins.

STAR OF THE MONTH: DOLLY PARTON

Monday, January 20 at 3:00 PM

Dolly Parton is a celebrated singer, songwriter, and actress known for her powerful voice and unique personal style. Coming from very humble roots in rural Tennessee, this successful star is an influential philanthropist who is committed to promoting literacy to children around the world. Meet in the activity room to learn more about this month's star!

COFFEE CLATTER

Tuesday, January 21 at 3:00 PM

Attend this social and enjoy a piece of French silk or blueberry pie. Peggy Earnshaw will be providing piano music during the social.

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, January 6	7:00 PM	ISU Women's Basketball vs Texas	Hilton Coliseum
Tuesday, January 7	11:00 AM	Lunch to Great Harvest Bakery	Ames
Wednesday, January 8	6:00 PM	ISU Men's Basketball vs Kansas	Hilton Coliseum
Friday, January 10	1:00 PM	Walk at Ames Fitness Center	Ames, South University Blvd
Saturday, January 11	6:00 PM	ISU Men's Basketball vs Oklahoma	Hilton Coliseum
Tuesday, January 14	11:00 AM	Lockwood Café, Ontario & Ames History Museum	Ames
Wednesday, January 15	5:30 PM	ISU Women's Basketball vs TCU	Hilton Coliseum
Friday, January 17	6:45 PM	The Color Purple	CY Stephens
Monday, January 20	4:45 PM	Dining Out with Kat: The Café	Ames
Tuesday, January 21	12:00 PM	PEO Chapter Meeting	Bethesda Lutheran Church
Tuesday, January 21	6:00 PM	ISU Men's Basketball vs Oklahoma State	Hilton Coliseum
Wednesday, January 22	5:30 PM	ISU Women's Basketball vs Kansas State	Hilton Coliseum
Thursday, January 23	6:15 PM	ISU Lecture: How to be an Antiracist	Memorial Union, Sun Room
Friday, January 24	1:00 PM	Walk at Ames Fitness Center	Ames, South University Blvd
Saturday, January 25	1:00 PM	ISU Women's Basketball vs Kansas	Hilton Coliseum
Wednesday, January 29	2:30 PM	Parkinson's Singing Group	First Baptist Church
Wednesday, January 29	7:00 PM	ISU Men's Basketball vs Baylor	Hilton Coliseum
Thursday, January 30	6:15 PM	ISU Lecture: White Immunity: Working through the Pedagogical Pitfalls of Privilege	Memorial Union, Sun Room
Friday, January 31	6:00 PM	Come From Away	Civic Center