

DISCOVER, EXPLORE AND MORE

March 2020
Events and Programs

RESIDENT SATISFACTION SURVEYS

Independent Living resident satisfaction surveys will be distributed the week of March 16 and will be due April 3. In 2018, the response rate was 81% and the satisfaction rate was 90%. We would like to increase both the response rate and satisfaction rate, so your participation is essential for collecting feedback for areas of improvement. Please let the reception desk know when you complete your survey, as the updated current participation rates will be displayed on GH TV. Advisory Council members will be calling residents to encourage them to turn in their surveys. We appreciate your time!

AMES ANIMAL SHELTER DONATION DRIVE

Many animal shelters and pet rescue organizations rely on donations from their local community. Donations can be anything pet related. Opened and unopened food is accepted, please label any opened food with the brand and flavor. Acceptable items include homemade treats (just include a list of the ingredients) durable toys, collars, and dog/cat beds. You can find the Ames Animal Shelter Wish List at <http://a.co/iuZKN7I> or posted on the bulletin board outside of the Leisure Services office. Donations will be accepted at the Reception Desk until March 31st.

Save the Date!

COMMITTEE FAIR
Thursday, April 9 at 3:00 PM—4:00 PM
Community Room

Have you wondered what a certain committee does at Green Hills? At this committee fair you can talk to residents on specific committees to learn about what their respective committee does, what their committee's goals are, and more. You can explore the various committees Green Hills has to offer and immerse yourself in the community. A 'Volunteer for Committees' sheet will be available at the fair asking residents to select committees that they are interested in. Committee chairs will review the volunteers and will contact those interested. It is a great chance to get more involved in Green Hills! Refreshments will be provided.

HAPPY BIRTHDAY!

Janet Beer — 3/1
Edgy Nenad — 3/1
Jean Humphrey — 3/2
Cindy Wahl — 3/2
Ann McMullin — 3/4
Sara Mitchell — 3/6
Joe Ludley — 3/10
Norma Speer — 3/12
Deborah Blaedel — 3/15
Haroldean Gorman — 3/15
Clete Mercier — 3/17
Betty Kinzler — 3/18
Max Townsend — 3/19
Anne Durland — 3/21
Dixie Jensen — 3/21
Jean Griffen — 3/24
Kathryn Andre — 3/25
Jim Ling — 3/25
Cindy Dobson — 3/27
Irene Tobin — 3/29

The Lindens

Christine Freeman — 3/4
Will Talbert — 3/8

Health Care Center

Marjorie Bowen — 3/19
Martha Anderson — 3/24

Cedar Court

Daisy Dekalb — 3/4
Kay Beckett — 3/7
Phil Vandevoorde — 3/11
Gene Freeman — 3/16

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DINING SERVICES

CHEF'S BREAKFAST

Thursday, March 5, 12, 19, 26
8:00—10:00 AM

GREEN HILLS CAFÉ

Wednesday, March 11 and March 25

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.**

Look for Irish specials on and around St. Patrick's Day in Le Bistro and Grill.

RESIDENTIAL HEALTH SERVICES

Blood Pressure Clinic

Thursdays, March 5, 12, 26
9:30 AM

Ames Hearing Aid Clinic

Tuesday, March 10
9:30 AM

These services will meet in the Wellness Center Clinic space.

SHOPPING TRIPS

1:30 PM

HyVee: Mondays, March 2, 9, 16, 23, 30

Fareway: Thursdays, March 5, 12, 19,

North Fareway: Thursday, March 26

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. A two-day notice is required. The fee per person (per location) is \$6.00, with no fee for the return to Green Hills.

IN MEMORY

Our heartfelt sympathy goes out to the family and friends of Elmer Clayton, Beverly Van Fossen, Arlo Huse, Jeff Berger, Pat A. Thompson, Randall Cutlip, Liz Howell, and Phil Lehman.



MOVIES AT GREEN HILLS Held in the Green Hills Theatre

POMS

Monday, March 2 at 7:00 PM

Friday, March 6 at 2:00 PM

In this uplifting comedy, life in a retirement community is anything but retiring for a group of young-at-heart senior ladies who decide to pull out the pom-poms and form a cheerleading squad. (PG-13, 1 hour 31 minutes, Comedy)

HARRIET

Monday, March 9 at 7:00 PM

Thursday, March 12 at 2:00 PM

This movie portrays the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Her courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history. (PG-13, 2 hours 5 minutes, Action / Biography)

FINIAN'S RAINBOW

Monday, March 16 at 7:00 PM

Thursday, March 19 at 2:00 PM

The tale centers on Irishman Finian (Fred Astaire), who moves overseas with a pot of gold -- only to be pursued by a leprechaun. Meanwhile, Finian's lovelorn daughter, Sharon, makes a wish that transforms the town's racist senator into a black man. (G, 2 hours 25 minutes, Musical)

A BEAUTIFUL DAY IN THE NEIGHBORHOOD

Monday, March 23 at 7:00 PM

Thursday, March 26 at 2:00 PM

After a jaded magazine writer, Tom Junod, is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about kindness, love and forgiveness from America's most beloved neighbor. (PG, 1 hour 49 minutes, Biography / Drama)

STILL MINE

Monday, March 30 at 7:00 PM

Friday, April 3 at 2:00 PM

With his home in disrepair, an elderly farmer, Craig Morrison, must build a better shelter for his wife, whose health is deteriorating rapidly. He faces the wrath of an overzealous government inspector, but refuses to back down. (PG-13, 1 hour 43 minutes, Drama)

Movie requests and suggestions are always appreciated.

GREEN HILLS ON-SITE SPECIAL EVENTS

CLAIM AMES—CENSUS 2020 **Thursday, March 5 at 10:30 AM** **Community Room**

Every 10 years, the US Census Bureau counts every single person in the country. This count is the basis for the distribution of \$675 billion annually in federal funds. It also helps decide political representation. When your census form arrives in March, remember to Claim Ames! A complete and accurate count gives our community its fair share of funding for important services like education, healthcare, transportation, and public safety.

For the first time in Census history, the 2020 Census includes the option to complete your form online. Filling out your census form is safe, and all the individual information is confidential.

Susan Gwiasda, City of Ames Public Information Officer, will be the presenter and answer any questions. Also, participate in the "Claim Ames" photo booth. Pictures may be used on social media and digital ads, and possibly in print promotions too.

NCAA BRACKET PICKS **Monday, March 16 at 4:00 PM** **Le Bistro**

Meet in Le Bistro to pick who you think will win the NCAA Tournament. No knowledge of basketball is necessary; picks can be based on colors, mascots, the city or drawing from a hat. Join in the fun!

TRIVIA TIME **Friday, March 20 at 3:30 PM** **Le Bistro**

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!

LE BISTRO BANTER WITH LCS EMPLOYEES **Lindsay Surovy and Whitney Wolf** **Tuesday, March 24 from 3:00—4:00 PM** **Le Bistro**

Lindsay began her career with LCS in April 2016 and is currently a part of the Human Resource team as a Talent Acquisition Business Partner. She offers more than 8 years of Talent Acquisition expertise in full cycle recruitment, strategic recruiting initiatives, relationship building, onboarding, Taleo, HCM Cloud, and she is the content manager for LCS' social media pages.

Whitney joined LCS in August of 2017 on the Human Resource team as a Benefits Analyst and now is a Talent Acquisition Business Partner. Throughout her career she has over 7 years of experience in an HR related role. What she enjoys most is supporting the business by understanding needs of the departments, leadership goals, and providing top talent candidates to join their teams. She offers knowledge in benefits, HR, and recruitment.

These ladies wanted to visit a community and get to know the residents. Please join them in Le Bistro.

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

- 4- Memorial Lutheran**
Pastor Mark Heilman
- 11- Northminister Presbyterian**
Pastor Jim DuBois
- 18- Trinity Lutheran Church**
Pastor Jon Rollefson
- 25- Cornerstone Church**
Pastor Jarryd Cole

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

LE BISTRO BANTER WITH **CAITLIN & JOSH** **Tuesday, March 31** **3:00—4:00 PM** **Le Bistro**

Visit with Caitlin, Environmental Services Supervisor, and Josh, Director of Facilities. Caitlin has been working at Green Hills since 2017 as a certified nursing assistant. Josh began at Green Hills in the maintenance department in February 2014. He took over as Director of Facilities in August 2014. Learn about their roles here at Green Hills and how they like to spend their free time.

COMMUNITY WIDE EVENTS AT GREEN HILLS

MAR 2 (MON) 9:30 AM	WOMEN'S COFFEE We will meet in the Main Dining Room. Everyone is welcome to join.
MAR 4 (WED) 10:00 AM	TED TALKS Ted Talks will offer insight into a current issue with time for discussion.
MAR 7 (SAT) 11:45 AM	POTLUCK Bring table ready food, serving utensils and table service, all labeled . Serving will begin at 11:45 AM.
MAR 7 (SAT) 3:00 PM	GAMEWATCH – ISU MEN'S BASKETBALL VS KANSAS STATE Watch the game with your friends in the Green Hills Theatre. The game is shown on ESPN+.
MAR 11 (WED) 10:00 AM	ADA HAYDEN – IT'S HISTORY AND WILDLIFE Jim Pease, retired Extension Wildlife Specialist and chair of the Friends of Ada Hayden Heritage Park Board will be speaking at this Continuing Education Program.
MAR 13 (FRI) 1:00 PM	HIDDEN SUGAR Courtney, Food & Nutrition Services Director, will be presenting about the hidden sugars that are found in food. Held in the Main Dining Room.
MAR 13 (FRI) 3:00 PM	BINGO Join your friends and neighbors in the health care activity room for this popular game. Prizes will be provided.
MAR 17 (TUES)	WEAR GREEN TODAY! Residents and staff are invited to wear green on St. Patrick's Day!
MAR 19 (THURS) 10:00 AM	KAFFEE KLATSCH All residents are invited to this social event. Refreshments will be provided. (Main Dining Room)
MAR 23 (MON) 1:00 PM	DARTS WITH JESSE & ALEXIS Come play darts with Jesse (Office Coordinator) and Alexis (Administrative Intern) in the Aerobics Room. Refreshments will be provided!
MAR 25 (WED) 6:30 PM	MUSIC WITH GREEN OAKS You will really enjoy the music of Green Oaks. Their music includes a variety of styles with some excellent originals thrown in. This will be in the Community Room.
MAR 27 (FRI) 10:00 AM	SUNSHINE STROLLERS SOCIAL Our health care residents love to get out and visit with you! Come to the Health Care Center Activity Room and enjoy conversation and refreshments.
MAR 27 (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. Held in the Community Room.

There will not be Meditation Exploration in the month of March.



CLUBS AND SUPPORT GROUPS

CLUB MEETINGS:

MAR 11 (WED) 2:00 PM	<u>BOOK CLUB</u> This month we will be discussing the book <i>Travels with a Donkey in the Cevennes</i> by Robert Louis Stevenson. Linda Best will be the discussion leader. (Pine Meeting Room)
MAR 19 (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)
MAR 25 (WED) 1:30 PM	<u>TECHNOLOGY CLUB</u> Share your knowledge or get answers to your questions. All residents are encouraged to come. (Arts and Crafts Room)

CHORUS PRACTICE

Every Friday at 9:00 AM
March 6, 13, 20, 27
Community Room

ALZHEIMER'S SUPPORT GROUP

Tuesday, March 10 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.

POOL CLOSURE

The pool will be closed for maintenance from Saturday, March 14th – Saturday, March 28th. It will reopen on Sunday, March 29th. The extended time of closure will allow us to complete maintenance that is a bit more time consuming. Sorry for the inconvenience. Thank you for understanding.

DAYLIGHT SAVINGS TIME BEGINS

Daylight Savings Time begins on Sunday, March 8th. It is time to spring forward! Do not forget to set your clocks ahead one hour before going to bed on Saturday, March 7th.

JOHN WAYNE MOVIES

Friday, March 6, 13, 20, 27 at 7:00 PM
Green Hills Theatre

We are making our way through the epic collection of John Wayne movies. The following movies will be shown this month: *Rio Bravo*, *Hatari!*, *How the West was Won* (part 1 and 2).

TO-GO CONTAINERS

A total of 111 boxes were delivered for use to Food at First (58 in January; 53 in February). Pictures of the only 2 types of boxes which are accepted for recycling have been posted on the wall in the Maples first floor trash room above the recycle container. Please remember to wash your containers before bringing them to be recycled. They do clean up well in your dishwashers! This is a voluntary program and you do not need to recycle these boxes – the choice is yours!

A special thank you to Sonya Colvin, Maples first floor resident, who has taken the time to put the boxes in order in the container. She has started a trend and residents who bring in boxes are following her lead. This allows for more boxes to be put in the container and also keeps the first floor trash room looking neater. Thanks Sonya!



CRIBBAGE

Do you know how to play cribbage or would you like to learn? The Cribbage group meets on Mondays and Thursdays at 2:00 PM in the Bistro. Contact Roger Beckett (x5218) who started this cribbage group. Roger will teach you how to play if you would like to learn. John Shierholz currently has the Traveling Trophy! To get the trophy you need to win 2 out of 3 games.

THE LINDEN LETTER

TENANT MEETING

Wednesday, March 11 at 2:00 PM

Don't forget about the monthly Tenant Meeting. This informational meeting is held on the second floor of the Lindens.

GIRL SCOUTS DAY

Thursday, March 12 at 3:00 PM

Were you or someone you know a Girl Scout? The Girl Scout organization will have been around for 107 years this year so chances are high that you do! Come celebrate the 107th Anniversary with their world famous cookies!

TOUR AROUND THE WORLD

Friday, March 13 at 3:00 PM

Ciao! This month we are heading to Italy to continue our tour around the world! Come learn about the culture of Italy while enjoying some of their most well known foods!

NATIONAL PIE DAY

Saturday, March 14 at 3:00 PM

Calling all pie lovers! We will be celebrating National Pie Day on this day as a group. Come hungry, leave happy!

MARCH MADNESS SOCIAL

Monday, March 16 at 3:00 PM

The tournament that has been going on since 1939 by the National Association of Basketball Coaches is finally upon us. March Madness is one of the most famous annual sporting events in the United States! Come celebrate the start of the tournament and cheer on our Cyclones!

ST. PATRICK'S DAY SOCIAL

Tuesday, March 17 at 3:00 PM

It's the Luck of the Irish! St. Patrick's Day is a tradition which celebrates the heritage and culture of the Irish in general since the ninth century. Celebrate St. Patrick's Day with us and be sure to wear green so you don't get pinched!



ICE CREAM SOCIAL

Thursday, March 26 at 3:00 PM

Got a sweet tooth? Kick off the spring weather with ice cream! Come and say hello to old friends and make new ones, too! A variety of toppings will be provided.

STAFF SPOTLIGHT: Emma Troyer

Emma is our newest member at Green Hills working in Assisted Living. She has been working here for about a month and her favorite part about working is seeing the residents smile after helping them out!

Emma is a senior at Iowa State University and plans to attend medical school in the fall to become a Physician. Emma is from Kalona, Iowa and a fun fact about her is that she used to show cows!

We are so lucky to have Emma as a member of the Green Hills team!



HEALTH CARE HAPPENINGS

WELCOME

We extend our warmest welcome to Kathryn Burkholder, Virginia Richards, Mary Israel, Marjorie Allison, and Jim Myers

RESIDENT SATISFACTION SURVEYS

Watch for the Resident Satisfaction Surveys to come out in April.

GET TO KNOW ONE ANOTHER CHALLENGE

In this fun challenge, staff will try to fill out their bingo card by finding residents who have or haven't done the things in the squares. Staff can not use a resident name more than once on a square. Residents can also participate and use other residents and staff names for their answers.

WALKING TACO DINNER

Monday, March 2 at 5:15 PM

Join us for dinner in the Health Care Center Dining Room and enjoy a walking taco.

BUS OUTING:

ISU BIORENEWABLE COMPLEX

Tuesday, March 10 at 2:15 PM

View and learn about "Floating World," an art structure suspended in the atrium. The work consists of parallel planes of painted steel and is magnificent. We will have time to explore other exhibits as well in the complex.

HY-VEE FLOWER ARRANGING

Thursday, March 19 at 3:00 PM

We are bringing in Hy-Vee Floral to put on a flower arranging demonstration. Tina Banks, our social worker in the Health Care Center will be given the flowers afterwards for National Social Worker's Day. Shhhh, it's a surprise!

MARCH MYSTERY READER

Wednesday, March 25 at 3:00 PM

Here are your clues to the March Mystery Reader:

- 1) She started driving go-carts professionally when she was 40 years old.
- 2) She was a double major in Art and Costume History.
- 3) This month will mark her 15th year working in Ames.

MAD HATTER TEA PARTY

Thursday, March 31 at 3:00 PM

Grab your craziest hat or wear one of ours at this wacky Mad Hatter Tea Party. On this day we will declare a winner of the "Get to Know One Another Challenge" for staff and residents. Health Care, Cedar Court, and employees are invited to this social.

CEDAR COURT

SHAMROCK SHAKES

Thursday, March 19 at 6:15 PM

This is a seasonal green mint flavored milkshake dessert that is most famously known to be served at McDonald's to celebrate St. Patrick's Day. We will be serving this delicious treat at dinner.

BIRTHDAY PARTY

Monday, March 9 at 3:30 PM

This month we are celebrating the birthdays of Gene Freeman, Kay Beckett, Phil Vandevoorde, and Daisy Dekalb. Pat Lydon will be here for live piano music that you will want to sing along to! Birthday cake and ice cream will be served!

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.

Sunday, March 1	2:15 PM	Central Iowa Symphony	Ames City Auditorium
Sunday, March 1	3:15 PM	Iowa State Singers	Martha-Ellen Tye Recital Hall
Tuesday, March 3	12:30 PM	PEO Chapter Meeting	
Tuesday, March 3	7:00 PM	ISU Men's Basketball vs West Virginia	Hilton Coliseum
Wednesday, March 4	1:30 PM	Parkinson's Singing Group	First Baptist Church
Thursday, March 5	6:45 PM	Ames Town & Gown	Martha-Ellen Tye Recital Hall
Friday, March 6	1:00 PM	Walk at Ames Fitness Center	Ames Fitness Center
Friday, March 6	4:45 PM	Kiwanis Pancake Supper	First United Methodist Church
Saturday, March 7	2:15 PM	Lyrice Women's Choir	Martha-Ellen Tye Recital Hall
Sunday, March 8	11:00 AM	ISU Women's Basketball vs Baylor	Hilton Coliseum
Sunday, March 8	3:15 PM	Cantamus Women's Choir	Martha-Ellen Tye Recital Hall
Monday, March 9	5:15 PM	Grand Wood's Secrets	Morrill Hall
Wednesday, March 11	2:30 PM	Parkinson's Singing Group	First Baptist Church
Wednesday, March 11	6:15 PM	Childfree by Choice	Memorial Union
Thursday, March 12	6:15 PM	Waitress	Stephens Auditorium
Monday, March 16	8:15 AM	Jeff Berger's Funeral	Collegiate United Methodist Church
Monday, March 23	6:15 PM	Magical Material	Ames Public Library
Wednesday, March 25	2:30 PM	Parkinson's Singing Group	First Baptist Church
Wednesday, March 25	6:15 PM	Leading the Charge for the 19th Amendment	Ames Public Library
Wednesday, March 25	6:45 PM	Recital — Jodi Goble	Martha-Ellen Tye Recital Hall
Friday, March 27	1:00 PM	Walk at Ames Fitness Center	Ames Fitness Center

SPECIAL BUS EVENTS

TRIP TO JORDAN CREEK MALL

Friday, March 13

Departure: Apartments– 10:00 AM

Townhomes– 10:05 AM

Let's go shopping! Spring has arrived at the mall so come check out new fashion trends in the stores. Jordan Creek Mall has a variety of shops with something for everyone. You can grab a quick lunch at the Jordan Creek Food Court so you have more time for shopping, or eat at The Cheesecake Factory Restaurant right at the mall. Also, there are several restaurants close by that you could walk to if you choose.



LUNCH BUNCH: CLOUDS

Tuesday, March 24

Departure: Apartments– 10:45 AM

Townhomes– 10:50 AM

The fresh European style dishes and desserts can be enjoyed with a spectacular view of campus from 100 feet above. Artisanal and unique delicacies can be ordered anytime of the day and paired beautifully with coffee and tea. The menu includes appetizers, fresh salads, handcrafted main courses such as Quiche Lorraine or Lasagna and more. Clouds partners with Café El Zapote to provide their delicious coffee which benefits the impoverished communities in Honduras. Order from the menu and pay individually.

Looking ahead...

River City Fame & Twin Cities Legends

Wednesday, August 12-14

Green Hills and Legacy Tours are working together to offer this 3-day trip. **Tour highlights (subject to change) include:**

- Music Man Square and Frank Lloyd Wright's Park Inn Hotel in Mason City
- JEST Murder Mystery Theatre troupe performance of "Bullets in the Bathtub"
- Mississippi River luncheon cruise,
- Chanhassen Dinner Theatre performance of "The Music Man"
- Gangster guided tour through Wabasha Street Caves
- James J Hill Mansion.
- And more....
- **Flyer with full, final details will be sent out to residents later in March.**

DINING OUT WITH KAT:

BUBBA

Monday, March 30

Departure: Apartments – 4:30 PM

Townhomes – 4:35 PM

Join Kat for an evening at the downtown Des Moines restaurant, Bubba. The Bubba team is committed to bringing a little Dixie to Des Moines with classics like shrimp & grits, po' boys, fried green tomatoes, meat loaf and fried chicken. Specializing in Southern favorites and classic cocktails, Bubba offers a menu that is sure to please everyone – no matter where you hang your hat. Order and pay individually.