

DISCOVER, EXPLORE AND MORE

November 2019
Events and Programs

ANNUAL STATE SURVEYS

The Department of Inspections and Appeals (DIA) arrived for their annual survey of the Health Care Center on Monday, October 14 and found **no deficiencies!** The fire marshal arrived the following Monday and reported no deficiencies as well. Thank you to all staff for making Green Hills the wonderful place that it is. We are proud to be one of the two 5-star health care centers in Story County!

NEIGHBORHOOD MEETINGS

If you missed your scheduled neighborhood meeting, you can attend one of the last two meetings scheduled this session: Monday, November 4 at 11:00 AM in the Green Hills Theatre or Monday, November 4 at 2:00 PM in the Community Room.

VOTING

The Community Room will be used for the City / School Election voting on Tuesday, November 5th. Polling hours are 7:00 AM—8:00 PM.

AMENITY TECHNOLOGY TRAINING

Learn how to use the technology that is in the new meeting spaces! The following are dates and times are when training will be provided in the Community Room:

- Wednesday, November 13 at 1:00 PM
- Thursday, November 14 at 1:00 PM
- Thursday, November 21 at 1:00 PM
- Friday, November 22 at 1:00 PM

RSVP at the reception desk for a training time. There is a maximum of 5 residents per training session.

LOOKING AHEAD

Club 2200 will be on Friday, December 6 at 4:30 PM with the Grill Out to follow. (This will count as November and December's social.)

Potluck will not be held in December. January's potluck on Saturday, January 4th will honor December and January birthdays.

There is no Kaffee Klatsch or Continuing Education in December.

HAPPY BIRTHDAY!

- Maureen Wilt—11/1
- Helen Crockett—11/2
- Richard Warwick—11/4
- Margaret Ling—11/11
- Janet Shoenhair—11/12
- Irene Switzer—11/12
- Bill Whitman—11/14
- Peter Pattee—11/15
- Ann Meierkord—11/16
- Alan Atherly—11/19
- Larry Mitchell—11/23
- Bruce Munson—11/25
- John Essig—11/29

The Lindens

- Margy Chamberlin—11/11
- John Tait—11/25

Health Care Center

- Jan Burkhart—11/11
- Mary Wicks—11/21

SPRING FORWARD FALL BACK

Don't forget to turn your clocks one hour back before going to bed on Saturday, November 2nd. Daylight Savings Time Ends on Sunday, November 3rd at 2:00 AM.

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DINING SERVICES

CHEF'S BREAKFAST

Thursdays, November 7, 14, 21
8:00—10:00 AM

GREEN HILLS CAFÉ

Wednesday, November 13
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.

RESIDENTIAL HEALTH SERVICES

Blood Pressure Clinics

Thursdays, November 7, 14
9:30 AM

Ames Hearing Aid Clinic

Tuesday, November 12
9:30 AM

These services will meet in the Wellness Center Clinic space.

SHOPPING TRIPS

1:30 PM

HyVee: Mondays, November 4, 11, 18, 25

Fareway: Thursdays, November 7, 14, 21

North Fareway: Friday, November 29

Target / Walmart: Wednesday, November 27

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 Mary Jean Reimers, Linda Galyon, Mary Atherly and Bobbie Warman.



MOVIES AT GREEN HILLS Held in the Green Hills Theatre

QUIGLEY DOWN UNDER

Monday, November 4 at 7:00 PM

Thursday, November 7 at 2:00 PM

Matthew Quigley (Tom Selleck) is an American rifleman who travels to the Australian outback to answer a help wanted ad calling for a sharp-shooter. When Quigley meets his employer, Elliot Marston, he's appalled to discover the job involves killing Aborigines. The two men fight, and when Quigley is knocked out, Marston leaves him and a crazy woman to die in a remote part of the outback. They're rescued and plot their revenge. (2 hours, Drama /Romance PG-13)

MR. HOLLAND'S OPUS

Monday, November 11 at 7:00 PM

Thursday, November 14 at 2:00 PM

Composer Glenn Holland (Richard Dreyfuss) believes that he'll eventually write a transcendent piece of music, but in the meantime he's taken a job at a high school. At first the job frustrates him and his unconventional methods often draw the ire of the straight-laced vice principal, Mr. Holland grows to love his students as the "temporary" position stretches into a career. (2 hours 23 minutes, Drama, PG)

THE BOOKSHOP

Monday, November 18 at 7:00 PM

Friday, November 22 at 2:00 PM

Florence Green, a free-spirited widow, puts grief behind her and risks everything to open up a bookshop -- the first such shop in the town of Hardborough, England. But this mini social revolution soon brings her fierce enemies: she invites the hostility of the town's less prosperous shopkeepers and also crosses Mrs. Gamart, Hardborough's vengeful, embittered alpha female who is a wannabe doyenne of the local arts scene. (1 hour 53 minutes, Drama, PG)

ALADDIN (2019)

Monday, November 25 at 7:00 PM

Wednesday, November 27 at 2:00 PM

Aladdin is a lovable street urchin who meets Princess Jasmine, the beautiful daughter of the sultan of Agrabah. While visiting her exotic palace, Aladdin stumbles upon a magic oil lamp that unleashes a powerful, wisecracking, larger-than-life genie. As Aladdin and the genie start to become friends, they must soon embark on a dangerous mission to stop the evil sorcerer Jafar from overthrowing young Jasmine's kingdom. (2 hours 8 minutes, Musical, PG)

GREEN HILLS ON-SITE SPECIAL EVENTS

BAGS FOR BEDS

Sunday, November 3 at 3:00 PM

Main Dining Room

This hands-on project will be led by an Iowa State student who has a passion for helping those in need. We need your help to prepare the plastic bags to make them into a bed mat for the homeless. This recycling project is a great way to help make a difference in someone's life. No equipment is needed. Please start collecting regular, clean grocery sacks that you get from Walmart, HyVee, or Target.

ARTIST RECEPTION WITH LISA HOVIS

Monday, November 4 at 3:00 PM

Green Hills Art Gallery Area

Meet in the Lobby Area by the Art Gallery to hear Lisa speak about a selection of photos on metal that is on display in the Green Hills Art Gallery. Refreshments will be provided.

BALANCE PRESENTATION

Friday, November 8 at 10:30 AM

Community Room

Stacy Weaver, Therapy Program Manager from Encore Rehabilitation Services, will present about what impacts our balance and how we can maintain or improve it. Refreshments provided.

VETERANS DAY SOCIAL

Monday, November 11 at 10:00 AM

Community Room

We will honor our veterans who live at Green Hills during this social. Refreshments will be provided along with background music and a short program.

MOORMAN STYLE SHOW

Tuesday, November 12 at 2:00 PM

Community Room

Moorman Clothiers began on April 1st, 1993 when Scott and Susan Moorman opened for business in downtown Mason City. On September 1st, 2005, the Moorman family opened their second store in Ames on Main Street. They are a full service men's clothing store offering the finest fabrics for suits and sport coats to casual sportswear. They also have a full selection of women's apparel and accessories to enhance any wardrobe. Moorman Clothiers is partnering with Green Hills for a Fall/Winter Style Show.

4TH QUARTER & 1ST QUARTER FINANCIAL REVIEW

Thursday, November 21 at 2:00 PM

Community Room

NOVEMBER DEVOTION SERVICES Wednesdays at 10:30 AM HCC Activity Room

6- Memorial Lutheran

Pastor Mark Heilman

13- Northminster Presbyterian

Pastor Jim DuBois

20- Trinity Lutheran Church

Pastor Jon Rollefson

27- Communion:

First United Methodist

Reverend Dr. Kirkpatrick

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

NAVY, NIMITZ & NORMA

Monday, November 18 at 3:00 PM

Community Room

This conversational presentation is about a 10 year old girl who became pen pals with Admiral Chester Nimitz. Norma (Day) Ricketts wrote her first letter to Admiral Nimitz on September 4, 1945, when she was 10 years old. They continued to be pen pals until 1966 when Admiral Chester Nimitz passed away. Norma has copies of her letters she received from Admiral Nimitz and the gifts he sent her over the years. Listen to the story of the life of a pen pal and an admiral. Refreshments will be provided.

PLANNING FOR EMERGENCIES IN INDEPENDENT LIVING

Wednesday, November 20

10:00 AM

Community Room

Health and Wellness Nurse
Navigator, Rian J., will discuss
planning for medical and weather
emergencies in independent living.

COMMUNITY WIDE EVENTS AT GREEN HILLS

NOV 1 (FRI) 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.
NOV 2 (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 in the Community Room. If you are not assigned a potluck duty, please stay out of the kitchen.
NOV 4 (MON) 9:30 AM	WOMEN'S COFFEE We will meet in the Main Dining Room. Everyone is welcome to join.
NOV 6 (WED) 10:00 AM	TED TALKS Ted Talks will offer insight into a current issue with time for discussion. This program will be held in the Green Hills Theatre.
NOV 6 (WED) 4:00 PM	FIRST NATIONAL BANK THANKSGIVING SOCIAL This social is open for everyone and held in the Community Room.
NOV 7, 14 (THURS) 10:00 AM	MEN'S COFFEE Meet in the Main Dining Room for this men's social group.
NOV 7, 14, 21 (THURS) 1:30 PM	THE BISTRO STITCHERS 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.
NOV 7 (THURS) 3:00 PM	SING-ALONG WITH US Sing with your friends and neighbors in the Community Room. Refreshments will be provided. Volunteers are needed to escort residents (or push wheelchairs) back to the Health Care Center or Cedar Court Memory Care after the program.
NOV 13 (WED) 10:00 AM	CONTINUING EDUCATION Bob Bourne from the Boone & Scenic Valley Railroad will speak on the History of Railroads in Iowa for this month's Continuing Education topic.
NOV 13 (WED) 2:30 PM	TRIVIA TIME Join us for an afternoon of snacks and intellectual wellness with the emphasis on fun! <u>Meet in Le Bistro.</u>
NOV 13, 20, 27 (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.
NOV 15 (FRI) 3:00 PM	THE ART OF WINE Learn about the wines served at Green Hills. We would like to know your favorites. This educational program will have limited samples available. This will be held in the Community Room.
NOV 21 (THURS) 10:00 AM	KAFFEE KLATSCH All residents are invited to this social event held in the Community Room. Refreshments will be provided.
NOV 26 (TUES) 2:30 PM—3:30 PM	LE BISTRO BANTER WITH ADMINISTRATIVE SERVICES Hiedi is the Administrative Services Director; Nicole completes Accounts Payable and Payroll; Diane handles Accounts Receivable and billing for all levels of care; Pam manages the Reception Desk. Come to Le Bistro to get to know these ladies and the jobs they perform at Green Hills.
NOV 29 (FRI) 10:00 AM	SUNSHINE STROLLERS SOCIAL Meet in the Health Care Activity Room to visit with your health care friends and neighbors.

CLUBS AND SUPPORT GROUPS

CLUB MEETINGS:

NOV 13 (WED) 2:00 PM	BOOK CLUB This month we will discuss the book Educated: A Memoir by Tara Westover. Jean Lory will be the discussion leader. (Hickory Meeting Room)
CANCELLED FOR NOVEMBER	WINDOWS COMPUTER CLUB The Windows Computer Club will not meet this month due to a conflict with the Financial Review meeting.
NOV 27 (WED) 1:30 PM	TECHNOLOGY CLUB Share your knowledge or get answers to your questions. All residents are encouraged to come. (Arts and Crafts Room)

CHORUS PRACTICE

**Fridays, November 1, 8, 15, 22, 29 at 9:00 AM
Community Room**

Chorus practice will be every Friday morning at 9:00 AM in the Community Room. Singers of all levels are welcome. We are practicing for our holiday concert held in December. If you are interested and would like more information, please contact Dick McCoy, Green Hills Chorus Director, at 357-5393.

ALZHEIMER'S SUPPORT GROUP

**Tuesday, November 12 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.

JOHN WAYNE MOVIES

**Friday, November 1, 8, 15, 22 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: Reunion in France, Tall in the Saddle, Back to Bataan, and They Were Expendable.

**THE CAREGIVER SUPPORT GROUP
IS CANCELLED
UNTIL FURTHER NOTICE**

GREEN HILLS BUS POLICY

In order to use the Green Hills bus for events in Ames, a minimum of seven (7) residents must be signed up. Fourteen (14) residents must be signed up for out-of-town events. This does not include guests.

Transportation services for popular events occasionally exceed the capacity of the bus. In these circumstances, a waiting list is available for residents to sign up in the case of cancellations. **A local motor coach company is used for transportation when 30 or more residents wish to attend the same event. Please sign up early, so this determination can be made.** Since they require a 72-hour advance notice to schedule or cancel a driver, please, if you find it necessary to cancel after you have written your name on the sign-up sheet, do so 72 hours in advance.

A booklet containing sign-up sheets for activities is on the counter at the Reception Desk. Sign up by writing your name in the next available blank on the activity sheet. The earlier you sign up the better. If you need to cancel your reservation, cross off your name. Please do not erase your name if you need to cancel. Likewise, please do not write your name over a crossed-out name. **If a resident should cancel, staff will contact the next resident on the alternate list. A Green Hills resident may not be swapped out for a family member or guest to go in their place.** As long as there is room on the bus for all residents, guests are welcome to attend bus trips. Residents should sign up their guests in the third column on the bus sheet. Charges for resident's guests will be charged to the resident's account for bus services when applicable. **A guest cannot ride the bus without a resident escort.**

THE LINDEN LETTER

S'MORES INDOORS

Friday, November 8 at 3:00 PM

Remember roasting marshmallows on an open flame over a fire and putting them between two graham crackers and chocolate? Enjoy this fun, delicious treat that reminds us of camping.

VETERANS DAY APPRECIATION SOCIAL

Monday, November 11 at 3:00 PM

Veterans Day is held on the anniversary of the end of World War I to honor US veterans and victims of all wars. It replaced Armistice Day in 1954. Socialize with your fellow tenants and learn the history and facts about this honorable holiday.

BLOODY MARY MANIA

Friday, November 15 at 3:00 PM

This popular drink's primary ingredients are vodka, tomato juice, and hot pepper sauce. Converse with us as we serve Bloody Mary's and pickle wraps.

THANKSGIVING SOCIAL

Thursday, November 28 at 3:00 PM

Join us for some Thanksgiving treats and let's talk about what we are thankful for this time of year!

LINDEN'S THANKSGIVING MEAL

Thursday, November 28

11:30 AM—1:00 PM

The chefs at Green Hills will be preparing a special Thanksgiving meal on Thanksgiving Day, November 28th for The Linden's. Our tenants and guests will enjoy a traditional meal with service starting at 11:30 a.m. and serving until 1:00 p.m.

Menu

Roasted Turkey
Baked Ham
Homemade Mashed Potatoes and Gravy
Green Bean Casserole
Cornbread Stuffing with Apples and Dried Cherries
Dinner Rolls
Pumpkin Pie with Whipped Cream

Price for guests \$14.50

If guests will be here for this meal, please notify us in advance so we can prepare accordingly. There should be plenty of space in The Linden's Dining Room to accommodate guests. If not, we can look into setting up extra tables in the Linden's activity area on the first floor. Reservations requested by Friday, November 15th. If you plan to be out for Thanksgiving, please let us know as well.

Courtney B.,
Director of Food & Nutrition Services

STAFF SPOTLIGHT: ALEXIS GLICK

Alexis is a Certified Medication Aide in Assisted Living at Green Hills. She has been at Green Hills for 4 years now! Her favorite thing about working here is being able to impact the lives of all of the residents.

Currently, Alexis is going to school at DMACC to become a respiratory therapist. Her career goal is to work as a Respiratory Therapist outside of Iowa, in a place with a warmer climate. A fun fact about Alexis is she loves animals and has two cute dogs!

We are so lucky to have Alexis as a part of the Green Hills team!



HEALTH CARE HAPPENINGS

WELCOME

We extend our warmest welcome to Loren Muench and Lois Thomas.

MOVIE: GET SMART

Friday, November 8 at 3:00 PM

When members of the nefarious crime syndicate KAOS attack the U.S. spy agency Control, the Chief (Alan Arkin) has to promote his eager analyst Maxwell Smart (Steve Carell) to field agent. Smart, partnered with veteran Agent 99 (Anne Hathaway), blends inexperience, enthusiasm and ineptitude as he works to thwart a world-domination plot hatched by the wily KAOS chief, Siegfried (Terence Stamp).

HEALTH CARE THANKSGIVING MEAL

**Thursday, November 28
11:30 AM—1:00 PM**

The chefs at Green Hills will be preparing a special meal on Thanksgiving Day, November 28th for the Health Center. Our residents and guests will enjoy a traditional meal with service starting at 11:30 a.m. and serving until 1:00 p.m.

Menu

Roasted Turkey
Baked Ham
Homemade Mashed Potatoes and Gravy
Green Bean Casserole
Cornbread Stuffing with Apples and Dried Cherries
Dinner Rolls
Pumpkin Pie with Whipped Cream

Price for guests \$14.50

If guests will be here for this meal, please notify us in advance so we can prepare accordingly. Reservations requested by Friday, November 15th. If you plan to be out for Thanksgiving, please let us know as well.

Courtney B.,
Director of Food & Nutrition Services

PIZZA & BOWLING

Tuesday, November 12 at 11:00 AM

Have you ever been in a bowling league or enjoyed bowling during your free time? We will be going to Perfect Games to eat pizza and go bowling! Whether you want to bowl yourself or watch others bowl, you're bound to have a fun time! We are able to accommodate wheelchairs on this outing. You do not need to bring money, Green Hills will be paying for this outing.

ROYAL FOR A DAY

Monday, November 18 at 3:00 PM

Happy Monday, your Highness! We will celebrate the royalty inside each of us in a special way on this day.

CEDAR COURT

FALL BREAD MAKING

Thursday, November 7 at 8:45 AM

We will be making bread in the bread machine. Cedar Court will smell like a bakery today! This day also happens to be "Bake and Break Bread Day."

ARMCHAIR TRAVEL:

ADELAIDE, AUSTRALIA

Tuesday, November 26 at 3:00 PM

The city of Adelaide has over 1.7 million people that live there. However, there are actually more kangaroos living there than people! In this part of the world the seasons are reversed from those in North America, with summer from December to February, autumn from March to May, winter from June to August, and spring from September to November. Join us in the Cedar Court living room to learn more about Australia!

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.

Saturday, November 2	6:45 PM	Ames Town & Gown	Martha Ellen Tye Hall
Sunday, November 3	2:15 PM	ISU Statesman	Martha Ellen Tye Hall
Sunday, November 3	6:45 PM	Jersey Boys	CY Stephens
Sunday, November 3	6:45 PM	Amara Piano Quartet	Martha Ellen Tye Hall
Tuesday, November 5	6:00 PM	ISU Men's Basketball vs MVS	Hilton Coliseum
Wednesday, November 6	1:30 PM	Parkinson's Singing Group	First Baptist Church
Wednesday, November 6	5:45 PM	ISU Volleyball vs West Virginia	Hilton Coliseum
Thursday, November 7	5:30 PM	ISU Women's Basketball vs Southern	Hilton Coliseum
Saturday, November 9	2:15 PM	Cantamus Women's Choir	Martha Ellen Tye Hall
Tuesday, November 12	6:00 PM	ISU Men's Basketball vs N. Illinois	Hilton Coliseum
Wednesday, November 13	2:30 PM	Parkinson's Singing Group	First Baptist Church
Wednesday, November 13	6:45 PM	Ailey II	CY Stephens
Thursday, November 14	6:15 PM	ISU Lecture: Vietnam Veterans: Still Coming Home	Memorial Union
Friday, November 15	5:45 PM	ISU Volleyball vs Oklahoma	Hilton Coliseum
Saturday, November 16	TBA	ISU Football vs Texas	Jack Trice Stadium
Tuesday, November 19	10:00 AM	ISU Women's Basketball vs Texas Southern	Hilton Coliseum
Tuesday, November 19	6:00 PM	ISU Men's Basketball vs Southern Miss	Hilton Coliseum
Tuesday, November 19	6:45 PM	Piano Studio Concert	Martha Ellen Tye Hall
Wednesday, November 20	6:45 PM	Mannheim Steamroller	CY Stephens
Thursday, November 21	6:45 PM	Ames Town & Gown	Martha Ellen Tye Hall
Friday, November 22	6:45 PM	I Love You, You're Perfect, Now Change!	Actors Theatre
Saturday, November 23	TBA	ISU Football vs Kansas	Jack Trice Stadium
Friday, November 29	5:30 PM	ISU Women's Basketball vs Arkansas-Pine Bluff	Hilton Coliseum
Saturday, November 30	3:15 PM	ISU Volleyball vs Texas	Hilton Coliseum