

# The Northcrest

VOLUME XXXIII, ISSUE I, JAN-FEB 2018

## Linda's Lines

by Linda Doyle, CEO/Administrator

Happy, Happy 2018!!!

At this time of the year I am still reflecting on the remarkable generosity of Northcrest residents. The Employee Appreciation Coffee was staggering with beautiful tables laden with so many varieties of homemade goodies that it was impossible to choose. Of course the solution to that problem is to sample one of everything! This event epitomizes the feeling of community and family shared by residents and staff each year. I feel confident in saying you will not find another community like Northcrest where residents and staff respect and care about each other the way we do here. And on top of all of this, there is also a monetary gift to every staff member. Amazing to me is the fact that the residents had already contributed to the Outreach Gift that benefited the Center for Creative Justice, and surpassed the goal for United Way. Then we published a Christmas "Wish List" and 13 of the 20 items were purchased. "Uniquely Yours, Uniquely Home" is more than just a tag line.

2017 has been a year of 'behind the scenes' work on the Northcrest Community Repositioning project and not a lot of that was visible except for the demolition of the E-Free church in February. With the temperatures in the 70's, it was perfect weather to set up lawn chairs outside the Health Center and watch all the activity.



Master Planning seemed to take forever but as you have heard from Board President Dave Miller and me, this is the only opportunity we have and we have to do it right. This exercise produced at least 6 different versions of where to locate buildings, the height of the buildings and the function of the buildings. It's not that hard to fill in 5 acres with buildings, but it has to be done right. A major concern from the very beginning has been to preserve the integrity of the architecture and the feeling of Northcrest. In addition to the buildings

we also have to be able to finance the project, and this is a sizable project.

- ◆ Board members and staff met almost weekly for 3 months with the architects as we moved through schematic design.
- ◆ The process of rezoning approval from the City of Ames is progressing but not complete.
- ◆ Graham Construction was chosen as the Construction Manager.
- ◆ The main entrance will be on 24<sup>th</sup> Street

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2018

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- ◆ The project will include 48 new Independent Living apartments in two 3 story buildings. One of these buildings (18 apartments) will be located on the NE corner of our existing property. The second 3 story building will be located on the south section of the new property. They will all be 2 bedroom, 2 bath with an all season room instead of a deck or patio. Apartment sizes will be 1400 SF to 1550 SF. Both buildings will have underground parking.
- ◆ Heartwood House will stay the same.
- ◆ The new single story Health Center will be on the north section of the new property with 24 private rooms, each with its own shower. Attached to the Health Center will be a 2 story Assisted Living building with 32 apartments.
- ◆ The existing Willow Hall (400 Wing) of the Health Center will house guest rooms, therapy gym, a salon, storage and more.
- ◆ The existing kitchen will be expanded with an adjacent private dining room.
- ◆ New construction replacing a portion of the existing Health Center will contain Administrative offices, large multi-purpose room and Pub.
- ◆ The existing Main Dining Room will become the Wellness Center, existing administrative offices will house Wellness Director, Social Coordinator and another salon.
- ◆ We hope to break ground in August, 2018.



**Stay tuned for more updates!**

## Christmas Eve

*by Mary Gillette*

I happily remember the best and probably the most spiritual Christmas Eve I have ever spent. Christmas was a popular time for livestock thefts in Chile. Likely it still is. We always spent the holiday at the farm to keep an eye on things. This year I was alone with my dogs, Sam and Lucy, a 12 gauge shotgun and my alto recorder. The gun was mostly for intimidation since had I shot it, I would have been knocked over or at best would have had a very bruised shoulder. The recorder was for Christmas atmosphere. I hoped to play some carols as I sat by the pasture watching my sheep. I felt very much akin to the shepherds in the Christmas story. No angels though. They probably saw the 12 gauge and thought it didn't fit "Peace on Earth, Good Will Toward Men." I was petting my dogs and no one was within hectares of me. Then I made my big mistake. I started to play the recorder and the dogs took off. I was left alone watching my sheep and contemplating the Incarnation.



*Note: My veterinarian husband (DVM-ISU) and I bought a farm in south central Chile when he was employed there as a visiting scientist. Ultimately we developed a seasonal dairy and a flock of sheep. Working sheep gave my husband a backache so I did most of it. We lived in town (Valdivia), but I spent a lot of time at the farm. Our sheep were a big temptation to some of our small farmer neighbors to enhance their holiday barbecues, hence my vigil on Christmas Eve.*

# Staying Green

by Dale Christensen

“Going Green” has been understood and supported by many for some time, including soil and water conservation, reduction of air pollution and planting all types of flora, and reduction of our energy consumption, and to support our dependence on oxygen.

In landscaping here at Northcrest, we also talk about “Staying Green” by caring for what we already have. Many volunteers have spent much time and energy in transplanting large numbers of plants to avoid losses due to campus expansion. Trimming, watering, fertilizing, and weeding, as well as transplanting are involved in “staying green.”

Most recently a large undertaking involved saving a memorial tree which, if not moved, would eventually be destroyed during the rebuilding project. It is very expensive to hire tree movers, so Knut and staff found a less expensive, more labor intensive method of transplanting by utilizing a small backhoe.

The result was moving a 16 to 18 foot hybrid upright Royal Prince Oak from the west side of campus to our 24th Street entry area, as shown by the photo taken by John Stanford. The next two years will tell us about it’s survival as a nice addition to our north campus.



## Lyrical Iowa 2017

The 72nd Annual Anthology of the Iowa Poetry Association, Lyrical Iowa, includes poems by Northcrest residents Lorene Hoover and Phyllis Harris. Information on submitting a poem by the February 28, 2018 deadline may be obtained from [www.iowapoetry.com](http://www.iowapoetry.com).



### In the Writing Class

Wearing the bravado of her name "G,"  
she is here  
one week after her daughter's death.  
They had not spoken for years, she says  
straightening her smart suede jacket.  
A swath of platinum hair  
hides her cheek  
as she writes about finding a pillow-top,  
a project she and her daughter had left undone.  
She scratches out words,  
writes again  
about snarled threads,  
frayed and unfinished edges.

by Lorene Hoover

### A Measure of Time

As dog years rate a different scheme  
a year may be as a day in the life of a tree.

Spring turns up the thermostat rousing branches  
that stretch and wave  
don new clothes.

Spritzed by showers in summer, trees host insects  
offer repast to squirrels and birds  
add a new ring.

Autumn's cool breezes blow dew into crystals  
Leaves blaze, then fall.  
Sun yawns and folds.

Trees huddle in winter's chill, sleep through the long,  
long night until the new day dawns  
as spring's good morning.

by Phyllis Harris

# Meet Your Neighbor

by Miriam Patterson



The newest resident to arrive in "J" is Muriel Van Der Maaten, who moved into J-23 in October. I had a fun visit with her the other day and learned that getting her to speak at any length about herself is not easy! Muriel started out life in Orange City in northwest Iowa, a town originally largely settled by Dutch folks. The young man she married, Martin J. Van Der Maaten, was also an Orange City native. Both of them attended and graduated from Iowa State (*Iowa State College* in those days), where Muriel majored in Home Economics Education and her husband studied Veterinary Medicine, later specializing in Veterinary Virology. When asked what her favorite classes were, she says that sewing was best, a skill that must have come in handy later when she was raising two girls.

With her veterinary husband, Muriel moved around the country a bit, but in the mid '60's they returned to Ames where he went to work for NADC, a position he held until his death. He died suddenly and unexpectedly while they were living in Europe during a sabbatical year.

Both of their daughters, Mary and Patricia, graduated from Ames High and then, following family tradition, from Iowa State University. One now lives in Cedar Rapids and one close by in Solon. Muriel also has two granddaughters. After the girls were in high school Muriel worked half time at the University, counseling senior students who were getting ready to graduate.

Muriel and her family are faithful and avid Iowa State fans, so she and her daughters and families hold season tickets and Muriel can expect to see family whenever there's a game in town! These days Muriel enjoys the luxury of the Northcrest bus to get to ISU games, but she remembers with a smile when she drove herself and "I was maybe a little bit competitive, and after the women's games I would see how fast I could get out and get home before the rest of the crowd." However, she denies ever leaving a game before it was over.

While the whole family was home they enjoyed traveling together. Muriel recounts one memorable trip when the four of them had Euro-Rail passes, going where it took them without a whole lot of planning ahead. Now she continues to enjoy traveling with friends, and has been to places as far-flung as Kenya and South Africa, Australia, China, the northern Baltic and Alaska. She states that she likes being outdoors and is looking forward to using her pretty 2<sup>nd</sup> floor deck. When asked what she would like people to know about her, she modestly says, "I'm someone who has lived in Ames a long time and have *enjoyed* Ames!"

Welcome to Northcrest, Muriel. I have a feeling that we are going to enjoy *you*!

# 2017 Santa Claus

by Howard Johnson

I am the very model of the modern Santa Claus.  
With hand upon my telescope, I peer abroad and pause.  
Much Arctic ice has melted; must avoid the sled-route flaws!  
So fire up the drones to meet this gallant Christmas cause!

Each reindeer is instructed to pilot his small drone.  
Each reindeer, a loyalist, each drone is now his own!  
Brave Dasher! Brave Dancer! Brave Prancer and Vixen!  
Bold Comet! Bold Cupid! Bold Donner and Blitzen!

Santa Claus, at program base, with hand on telescope,  
With radio and Twitter, follow how his workers cope.  
Across the sky, with stars to guide, soon reach their destination.  
With rooftops near, the reindeer cheer, filled with inspiration!

In modern style, along each mile, the drones traverse the city.  
Santa sits at Arctic base with pride and great sagacity.  
The reindeer place gifts at each home with notable veracity.  
The North Star glows above the snow to end this year's festivity.

I am the very model of a modern Santa Claus.  
The reindeer, drones and Twitter obliged the Christmas cause!



**Reindeer  
DRONES**

## Thank You!

We want to thank Betty Wright for serving on the Northcrest committee for many years. Betty has decided to step down from the committee to concentrate on her health. We thank her especially for her "It's Just A Nuisance" series regarding living with Parkinsons.



*Did you know...*

**NORTHCREST COMMUNITY AMES**

has a **FACEBOOK** page!!

Check it out—and **LIKE** us!



Another Day, Another Month, Another Year,  
Another Smile, Another Tear, Another Winter,  
A Summer Too, But  
There Will Never Be Another You!  
May Lovely, Happy Times  
Decorate This Time Of The Season.  
May Warm, Special Memories Brighten  
Your New Year.

**HAPPY NEW YEAR**

**2018**

# 2017 Staff Appreciation Coffee

Each and every year for as long as anyone can remember, the residents of Northcrest present a gift to each Northcrest employee during the Christmas season in appreciation of their support and service. The gifts are distributed during the Appreciation Coffee to the area supervisors. Here are some pictures and excerpts from some of the thank you notes from the staff!



*Thank you from the bottom of my heart.*

*It's a joy to come to Northcrest every day and meet the smiles I see everyday!*



*What a wonderful place I get to work! What great people I get to work for! Special thanks to special people!*



*What a wonderful group of people to work with! It is a pleasure to work here and a privilege to be part of the Northcrest family!*



*You are so amazingly generous!*



*I thank you for the opportunity to continue to be of service to residents, family and staff at Northcrest. I so enjoy working at Northcrest.*

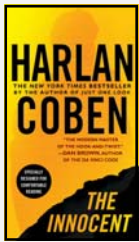


*Thank you for your abiding love for all of us!*



# First Lines (from donations to the library)

All new donations are located on the “New Books” shelf in the Northcrest Library.



“The doorbell jangled Kimmy Dale out of her dreamless sleep.”

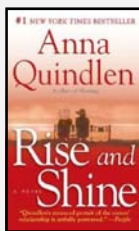
*The Innocent*, Harlan Coben

“The way I see it, life is a jelly doughnut.”

*The Big Ones*, Janet Evanovich

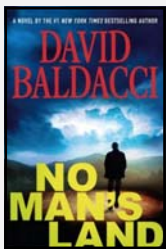
“From time to time, some stranger will ask me how I can bear to live in New York City.”

*Rise and Shine*, Anna Quindlen



“This one was different.”

*Victims*, Jonathan Kellerman



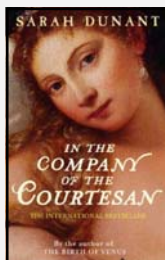
“Paul Rogers was waiting for them to come and kill him.”

*No Man's Land*, David Baldacci

“I grew up to the sound of my parents talking in the kitchen on my mother's nights off, and the sound of the sump pump when it rained.”

*Miller's Valley*, Anna Quindlen

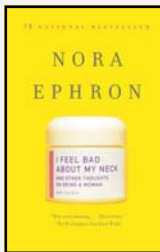
“My lady, Fiammetta Bianchini, was plucking her eyebrows and biting color into her lips when the unthinkable happened and the Holy Roman Emperor's army blew a hole in the wall of God's eternal city, letting in a flood of half-starved, half-crazed troops bent on pillage and punishment.”



*In the Company of the Courtesan*, Sarah Dunant 7

“The shovel has to meet certain requirements.”

*Bad Things Happen*, Harry Dolan



“I feel bad about my neck. Truly I do.”

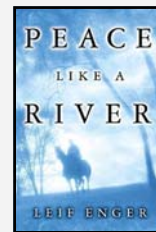
*I Feel Bad about My Neck*, Nora Ephron

“On the ferry from Hyannis to Alice Island, Amelia Loman paints her nails yellow and while waiting for them to dry, skims her predecessor's notes.”

*The Storied Life of A. J. Fikry*, Gabrielle Zevin

“From my first breath in this world, all I wanted was a good set of lungs and the air to fill them with---...”

*Peace Like a River*, Leif Enger



“Mary Alice Kerney spent the late afternoon hours of a dry September day cleaning the one-room cabin her husband, John, had built upon their arrival in West Texas.”

*Hard Country*, Michael McGarrity



“The sun still hadn't crested over the roofs of the stately building on the eastern edge of Tiannamen Square when Inspector Liu Hulan of the Ministry of Public Security gazed across a sea of people fathered in the huge cement expanse for the first public assembly of the All-Patriotic Society's clandestine meetings had taken place mostly in the heart of the country, on towns and villages along the Yellow River.”

*Dragon Bones*, Lisa See

# Save the Date

## Wine & Cheese Open House

Wednesday, March 7, 2018

4:00-6:00 pm

1801 20th Street ♦ Ames

This event is sponsored by:



Escape the winter doldrums and join us for the third annual Horizon Club Wine and Cheese Open House. This event is by reservation only and for people on our waiting list.

Chat with current residents and meet the outstanding volunteers who serve as directors on both the Northcrest, Inc. and the Northcrest Foundation Boards.

Baby, it's cold outside—but it will be warm and cozy at Northcrest. I hope you will join us on March 7!

—Linda Doyle

\*Please call (515) 232-6760 or email [bbrouwer@northcrestcommunity.org](mailto:bbrouwer@northcrestcommunity.org) to make your reservation.



### Help Northcrest Go Green!

You can help Northcrest reduce paper use and save postage by having **The Northcrester** delivered directly to your computer! If you would like to receive this newsletter via email, please contact Brenda at [bbrouwer@northcrestcommunity.org](mailto:bbrouwer@northcrestcommunity.org).

# The Northcrester

Northcrest Community  
"Uniquely Yours, Uniquely Home."  
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**THE NORTHCRESTER** is created by and for the residents of Northcrest Community. Its purpose is to share items of mutual interest and future events. It is published with the support of the Northcrest administration.

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