

The Northcrest

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Linda's Lines

by Linda Doyle, CEO/Administrator

How do you celebrate July 4th? If you're like many Americans, the celebration includes gathering with family and friends to share good food, conversation and watch a fireworks display. Oh my – the fireworks have become so elaborate that you can hear ooh's and aaah's the entire night as the celebration of Freedom and Independence can be seen and heard all over the country. The first commemorative Independence Day fireworks were set off on July 4, 1777 because John Adams wanted to. He had envisioned fireworks as a part of the festivities even before the Declaration of Independence was signed, and had written to Abigail Adams on July 3, 1776 that the occasion should be commemorated "with Pomp and Parade, with games, sports, guns, bells, bonfires and illuminations from one end of this Continent to the other from this time forward forever more."

Thanks to the forward thinking visionaries who planned Northcrest Community, it is Independence Day every time someone makes the choice to become a resident and a member of our family. For Northcresters, it means freedom from the burdens of home maintenance, lawn-mowing in the summer, and shoveling snow in the frigid cold of an Iowa winter. It's the freedom to choose the quality of health services you want in the future and it's the assurance of knowing that no matter what life brings, you will have a home at Northcrest.

Some people mistakenly think that a move to Northcrest strips away their independence when, in actuality, just the opposite is true. The reality of life at Northcrest is the knowledge that you now have the freedom to come and go as you please, travel without concerns, and pursue long-anticipated avocations and hobbies. In addition, residents are also giving the gift of freedom and independence to their children by relieving them of the burden of possibly making a difficult decision in the future.

At Northcrest the tradition of good food and good friends continue when residents gather to share their favorite recipes with each other at the July 4th potluck. If anyone goes away hungry from a Northcrest potluck it is not for lack of good food. So enjoy the holiday and celebrate your care-free independence with family and friends.



2018

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BEST OF STORY COUNTY



Thank you for voting us
BEST SENIOR LIVING COMMUNITY
and **BEST COMMUNITY PRESENCE**
in Story County for the 6th Year in a Row!



We also came in 2nd for
BEST PLACE TO WORK
(only behind Iowa State)

Northcrest's Medical Director,
Dr. Michael Bird,
was voted **BEST FAMILY PHYSICIAN**

WHAT A TEAM!
WE ARE HONORED!



Being pampered in the salon is very important to our residents, especially women who have had a weekly standing appointment with their hairdresser for many years before even moving to Northcrest. There is definitely something therapeutic and relaxing about having your scalp massaged and feeling warm water flowing over your head. Unfortunately, some medical conditions make it difficult, if not impossible for them to be accommodated in a regular styling chair. When this happens, the resident's hair is washed in the Health Center or Heartwood House and then set or blow-dried in the salon – not nearly as relaxing as the head massage that goes along with a shampoo. We had purchased an Adjust-A-Sink but it still did not accomplish the desired results.

We are now the proud owners of a Wheelchair Recliner that provides the flexibility needed to accommodate the needs of a resident in a wheelchair who is unable to transfer from the wheelchair to the salon chair or bend their neck. Carolyn Kern, daughter of resident Pat Wright, wanted her Mom to again enjoy having her hair washed in the Salon and generously offered to pay 1/2 of the cost of the lift and we, of course, accepted that offer. It now resides in the salon and Pat was the first person to use it – in her words, "I love it". We are so grateful to her daughter and son-in-law who wanted to provide this lift, not only for Pat but for other Northcrest residents.



Carolyn wrote, "We are so blessed to be a part of the Northcrest family and are very, very grateful for the exemplary care which Mom continues to receive at Northcrest. It is a privilege to be able to offer this donation to help expand the quality of living available at Northcrest."

Meet Your Neighbor

by Norma Hensley



In mid-February newlyweds, Charlie and Norma Ricketts, left their homes in Ames to join the Northcrest family at 1904 Northcrest Circle.

Charlie has been an Ames resident since 1971, and Norma since

1956. Charlie, the oldest of five children, grew up on a farm in Oswego, Illinois, just west of Chicago. He graduated from Oswego High School. Norma, the second oldest of four, also grew up on a farm near Humboldt, Iowa, where she attended country school and graduated from Humboldt High School. Charlie earned his B.S. and M.S. degrees in Ag Engineering from the University of Illinois. He served in the Army from 1954-1957. As an adult student, Norma earned her B.A. degree in English from Iowa State University in 1980, and her M.S. degree in Library Science from the University of Northern Iowa in 1986.

Following receipt of his degrees in 1961, Charlie began his long career with Sundstrand in Rockford, Illinois, moving to Ames with Sunstrand in 1971. He traveled extensively as an executive marketing and engineering director of Sunstrand's locations in Japan, England, Italy and Germany. He retired in 1999. For five years following his retirement, he worked half-time for Sunstrand. He also was on an advisory committee for the College of Engineering and the Ag Engineering department.

Norma worked at the Iowa Department of Transportation, sold Avon, was a part-time secretary for Dr. Griffith Buck, and then moved on to work at Central Junior High. Norma started to earn her college degree from Iowa State University in 1972. After earning her degrees, she was a Media Specialist at Central Junior High, then Ames Middle School, and finally was Director of the Media Center at Ames High School. In 1998, Norma lived in Hendersonville, North Carolina for eight years.

With the loss of their spouses, Charlie and Norma experience a blended family. Charlie has one son, who is in computer sales in California and the father

of three sons. His daughter, a physical therapist, lives in Minneapolis and is the mother of one son and two daughters. Norma's son is a flight attendant for American Airlines and lives in Chicago. Her daughter, a computer data analyst for Alliance Data Systems, lives in the Kansas City area.

Other than his traveling for work, Charlie has visited France, Norway and Spain. Norma has traveled to Europe nine times, and plans a trip to Ireland this fall.

Charlie is interested in woodworking and he considers himself a "fix-it guy" since he enjoys time in the shop. Norma's hobbies are reading, (she's currently in three book clubs), traveling, sewing, and volunteering.

Community service consumes much of their time. Charlie was a three-term Ames Community School Board member, has served on the Ames Foundation, Board, Story County Foundation Board, was Director for the Center for Creative Justice, President of Bethesda Council, and has volunteered at Reiman Gardens. Currently he is a member of Rotary, volunteers at Mary Greeley Hospital, and serves on the Ames City Service Commission.

Norma, while in North Carolina, was President of the Trustee Board of the Hendersonville County Library, and was a church and hospital volunteer. In Ames, Norma was on the Hospital Auxiliary Board, President of the Women at Bethesda Lutheran Church, volunteered at Ames High School, and served on the Ames Public Library Board of Trustees. Currently, Norma volunteers at Bethesda Lutheran Church. She is also a member of PEO Chapter AA.

Norma and Charlie, we extend a pleasant welcome to you. We look forward to getting to know you and for your participation at Northcrest!

Welcome!

Bear Tales

by Howard Johnson

If you have camped in Canada or northern Minnesota, you likely have had close acquaintances with bears. During the years when our children were young, we camped all across Canada and the northern United States to avoid ragweed allergy problems, and to hold down vacation costs.

In Canada, while picking blueberries near our campsite, our daughter, Cynthia, met a bear also picking blueberries. The bear didn't seem to be annoyed. Cynthia retreated but didn't give the bear the berries she had picked.



One night while sleeping in our small Apache tent trailer we were awakened by an intruder. We never kept food inside our camper. However, a garbage can strategically placed near our trailer did contain supper remnants. The bear, probably a two-year old, stripped off the lid, crawled in and rolled the trash can toward our camper as it snorkeled for bits of food. Soon the bear had maneuvered the can directly under the out-stretched wing of our camper on which Pat and I were sleeping. The bear rattled the trash can against the side of the trailer. Pat slept on the outside half, next to the tent, over the rummaging young bear. Needless to say, the noise and location did raise her blood pressure a bit.

"Howard! Do something!!" she petitioned loudly. While the bear continued its search and cleaned out the can, I felt relatively safe since no food was inside our tent enclosure. However, we were relieved when the bear, suddenly quiet, left. No doubt the can was clean except for paper scraps.

During a fly-fishing trip into Ontario, three college friends and I landed on Lake Heck-Are-We-Near-A-Prepared Camp. We had purchased steaks before we left to enjoy after the first days fishing. We had read the Boy Scout manual - keep food from bears by hanging the container on a pole tied between two trees, well out of reach of the bears. While out fishing the first day, a bear perused the camp. Apparently the bear had read the Boy Scout manual too. It climbed up the tree to the cross pole, reached out to the middle where the backpack with steaks was hanging, and batted down the pack. That night we ate fish. The bear returned the next night while we were again cooking fish in our outdoor kitchen. Someone saw the rascal coming and warned the cooks. I grabbed a hatchet and beat on a half empty gasoline barrel; the noise startled the bear. It stood up for a moment and retreated into the woods. We had fish for dinner again.



2018 Northcrest Community Outreach Gift

Each year a Community Outreach Gift is collected voluntarily from Northcrest residents to be given to a worthy charity in Story County. The charity is selected by the Residents' Council from suggestions offered by the residents. This year, the annual outreach gift was given to **Story County Dental Clinic**. **\$14,005** was presented to Gloria Symons, Health Services Director at Mid-Iowa Community Action (MICA). Way to go, Northcresters!



The Class Reunion

Submitted by Anita Coatney

Every ten years, as summertime nears,
An announcement arrives in the mail.
"A reunion is planned; it'll be really grand,
Make plans to attend without fail."

I'll never forget the first time we met,
We tried so hard to impress.
We drove fancy cars, smoked big cigars,
And wore our most elegant dress.

It was quite an affair; the whole class was there.
It was held at a fancy hotel.
We wined, and we dined, and we acted refined,
And everyone thought it was swell.

The men all conversed about who had been first
To achieve great fortune and fame.
Meanwhile, their spouses described their fine houses
And how beautiful their children became.

The homecoming queen, who once had been lean,
Now weighed in at one-ninety-six.
The jocks who were there had all lost their hair,
And the cheerleaders could no longer do kicks.

No one had heard about the class nerd
Who'd guided a spacecraft to the moon;
Or poor little Jane, who's always been plain;
She married a shipping tycoon.

The boy we'd decreed 'most apt to succeed'
Was serving ten years in the pen,
While the one voted 'least' now was a priest;
Just shows you can be wrong now and then.

They awarded a prize to one of the guys
Who seemed to have aged the least.
Another was given to the grad who had driven
The farthest to attend the feast.



They took a class picture, a curious mixture
Of beehives, crew cuts and wide ties.
Tall, short, or skinny, the style was the mini;
You never saw so many thighs.

At our next get-together, no one cared whether
They impressed their classmates or not.
The mood was informal, a whole lot more normal;
By this time we'd all gone to pot.

It was held out-of-doors, at the lake shores;
We ate hamburgers, coleslaw, and beans.
Then most of us lay around in the shade,
In our comfortable T-shirts and jeans.

By the fiftieth year, it was abundantly clear,
We were definitely over the hill.
Those who weren't dead had to crawl out of bed,
And be home in time for their pill.

And now I can't wait - they've set the date;
Our 60th is coming, I'm told.
It should be a ball, they've rented a hall
At the Shady Rest Home for the old.

Repairs have been made on my hearing aid;
My pacemaker's been turned up on high.
My wheelchair is oiled, and my teeth have been boiled,
And I've bought a new wig and glass eye.

I'm feeling quite hearty, and I'm ready to party;
I'm gonna dance 'til dawn's early light.
It'll be lots of fun, but I just hope that there's one
Other person who can make it that night.

By Jo David Stockwell

In the May-June, 2018 issue of "The Northcrester," I wrote an article "Understanding and Dealing With Grief." Since then many Northcresters have asked me for more information and asked when the course would be offered again. Several had already checked the "GriefShare-Your Journey From Mourning to Joy" workbook out from the Northcrest library and found the content very helpful. Many wanted more information about the video, and the importance of the group discussion. This article will provide you that information.

The course consists of weekly sessions moderated by a GriefShare leader. I have found these group sessions helpful in that we are with people who have an understanding of how each of us who have lost a loved one feels. They seem to understand where we are in our grief, and offer encouragement and support in the days which will come.

Each week we view a 40 minute video on a grief-related topic. These videos are prepared by respected professional counselors and teachers who have faced their own grief, and share insights on how to walk through grief in a healthy manner. There are also personal testimonies from people who share their struggles and what has helped them. After the video, we spend time discussing the concepts in the video and how they apply to our day-to-day struggles. If you have already checked out the "GriefShare-Your Journey From Mourning to Joy" workbook from the Northcrest library, you will know that it provides an outline of the video with space available for taking notes during the video.

The workbook also provides short, daily exercises that has helped me sort through my emotions and personal situation. I have found that these exercises have provided comfort and answers to some of the deep questions I have experienced. Each week, the GriefShare leader provides a short review of our daily exercises, and asks for our input or if we had any situations that we want to discuss with the group.

The GriefShare program was held at Bethesda Lutheran Church and was 13 weeks in length. While this is a limited time, the support continues for an entire year. An added bonus is that each day for the next year I will be receiving an encouraging e-mail from GriefShare. These messages are a free version of a GriefShare book entitled *Through a Season of Grief*. You can sign up for these free messages at www.griefshare.org/dailyemails.

The next GriefShare program will likely be held this September. I plan to attend the entire course again, both to receive instructions on the lessons I missed (because of my late start), but also to catch things I might have missed the first time through. It is common to retake the course and gain new insights because I will be at a different level in my growth.

If you want to sign up for the program, please call me (233-2702) so we can form a carpool, or call the church (232-6256). If you would like more information or more details on how it has helped me, please feel free to give me a call or an e-mail at ljsmithson@msn.com.



Father and Son

(for my husband and his father)
by Lorene Hoover

*I never saw them embrace
never heard them say "I love you,"
yet theirs was a love so real
'I could almost touch it.*

*It was in their repeated discussions
of crops, weather, the people they knew.
It was in their stance
as they listened to one another.*

*It was his father following us
to our car, the reassurances they gave
to each other - that the roads were good,
that we would get home before dark.*

*It was in my husband's wave
as we pulled out of the driveway,
his father still standing there
as we crested the last hill.*



Are You Settled?

by Judy Brooks

What are they really asking me? They started asking me the first week I was here. It seemed to be the question to ask when they saw me in the hallway, at coffee, in the laundry room.

In August, 2017, I learned I could have an apartment in Northcrest. I came to look at it. I had to decide in a week if I wanted it. I called a realtor to have her appraise my townhome. I needed to collect financial data. After I was accepted at Northcrest I needed to come in and choose carpeting for the bedroom and living room, countertops for the kitchen and bathroom, flooring for the kitchen and bathroom. That didn't make me feel settled.

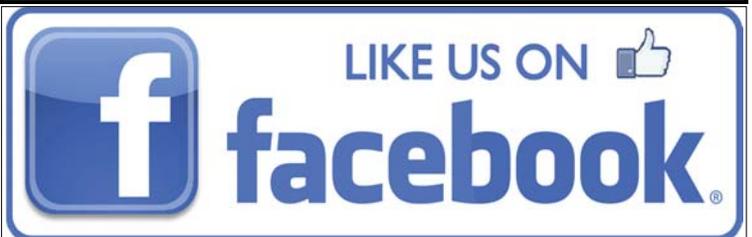
There were huge decisions. Which pictures should I bring? Should I bring the piano? Where should I angle the bed in my new six-sided bedroom? That didn't make me feel settled.

People were friendly. They stopped at my door in a stream. There was a painting class. I went. I liked it! The little paintings were hung in the dining room. A guy put a price of \$475 on his. I thought I would undercut him and put a price of \$400 on mine. Humor helps. I'm feeling more settled.

An anonymous donor left oatmeal chocolate chip cookies outside my door. I dream of chocolate chip cookies!

Right now I can look out my patio doors and see a blooming crabapple tree. The neighbor has hung a pot of red geraniums and a hummingbird feeder. The squirrels and baby rabbits are going about their business of filling their bellies outside my windows. I feel settled!

settled



Northcrest Community Ames

This event is sponsored by:



Save the Date

Special Presentation

Thursday, August 23, 2018

7:00 pm

1801 20th Street ♦ Ames

Join us for a Horizon Club Special Presentation, Planning Ahead, presented by Rebecca Reisinger.

This session will focus on various estate planning issues including whether you should have a Will or a Trust.

Rebecca Reisinger is a partner at the Newbrough Law Firm in Ames. She advises clients primarily in the areas of estate planning, probate (post-death legal matters) and real estate.

This event is for Northcrest residents, family members, and people on our waiting list. We hope you will join us on August 23rd, at Northcrest, 7 pm, in the Green Room.

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.

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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