

June 12, 2022

Northcrest News

Northcrest Community
Over 55 years of service to older adults
in the Greater Ames Community

The Week at a Glance!

Sunday, June 12

12:30 Sunday Lunch
2:00 Hymn Sing

Monday, June 13

10:00 Bus to Fareway North **NEW TIME**
2:00 Northcrest Stitchers, Grand Room

Tuesday, June 14

9:30 **Tuesday Coffee**, Hosts —S-1
10:30 Introductory Tap-Fit Class

Wednesday, June 15

10:00 Blood Pressure Clinic
10:00 Bus to ALDIs
The Crest is open 12-2 today!
2:00 Low Vision Support Group,
at Bethesda Lutheran, or phone call
4:00 Introductory Tap-Fit Class

Thursday, June 16 **Kiwanis Paper Drive**

10:00 Writers' Group
11:00 Live Wrkshp, PTSD, Wellness Ctr
The Crest is open: 12-2 & 4:30-7
4:00 **Alzheimer's Support Group, FR**
6:00 Game Night, LIB
7:30 Bus to Bandshell Concert

Friday, June 17

8:30-10:30 1st National Bank, Founders'
10:00 Bus to Memorial for Ted Solomon,
Collegiate Methodist Church
10:00 Bus to WalMart
10:30 Friday Chat, Mark Edge with Iowa
Department for the Blind
The Crest is open: 12-2 & 4:30-7

Saturday, June 18

Get ready for Fathers' Day!

Health & Wellness

DAILY EXERCISE

Check out the new Wellness Center!
Additional equipment will be arriving
through the summer.

Tap-Fit exercise: 10:30 Tuesdays
4:00 Wednesdays

Podiatry Clinic by appointment:

July 13 October 19

Hearing Aid maintenance:

July 5 (1st Tuesday of every month)

Wellness Workshops

There will be live workshops offered on
Thursdays at 11:00 am each week in the
Wellness Center.



Sunday Dinner June 12, 12:30 p.m.

Baked Turkey
Mashed Potatoes & Gravy
Green Beans
Strawberries & Blueberries
Fruit of the Forest Pie



ANNOUNCEMENTS



Tuesday Coffees

On June 14, S-1 will host.

Please continue to bring your own mug. If you prefer to join via Zoom, watch for an email invitation.

Birthday Wishes

June 10: Don Zytowski

June 13: Jane Lohnes

June 14: Jacque Zbaracki

June 15: Linda Doyle

June 15: Marilla Fox

June 15: Mary Gee

June 15: Jane Smith

June 18: Dennis Smith



BEST of STORY COUNTY 2022

Instructions available at Front Desk. You can vote once a day until **June 19!** You can nominate any of your favorite businesses, but please nominate Northcrest in these categories:

Home and Homes Services

Assisted Living

Retirement/Senior

Senior Living Community

Services

Non-Profit/Charity Organization

Top Employers

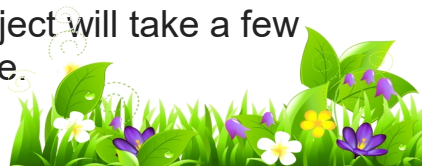
Employer: 1-100 Employees

Places To Work



KNUT'S KNOTES

Our groundskeeping crew will be starting a project of updating some of the foundation plantings on campus. One of the primary areas we will target is the area west of buildings J and K, north of building E and east of building F. This is the area visible from the Grandroom. There are a few other locations on campus that we feel are in need of replacement and will be addressed at this time also. New plants will include Boxwoods, Ninebarks and Karl Foerster grasses. The project will take a few weeks to complete.



More KNUT'S KNOTES

A gas fire pit will be placed at the new gathering space between buildings D (Wellness Center) and H.

Guidelines for use of the fire pit:

- A Northcrest resident must be present when in use
- Follow lighting instructions (instructions are hanging inside the fire pit door)
- Do not leave unattended
- Do not use when it's windy
- No cooking allowed (this includes s'mores)
- Turn the gas off when done using
- Place lid back on fire pit
- Secure cover after use (make sure pit has cooled first)



NOTE FROM DAWN

COVID-19 Update

Unfortunately, I am reporting this week that the Northcrest Health Center is currently in a COVID-19 outbreak, per the Iowa Department of Public Health guidelines. We have tested all residents in the Health Center and have four who have tested positive. Per Northcrest's infection control plan, these residents are currently in isolation for a period of 10 days. All other Health Center residents have been tested and had negative test results.

Visitation in the Health Center remains open. However, we would ask that if your visit can be postponed until June 19th, please do so. (This date may change if we have additional cases.) We want to keep everyone as safe as possible, if you can avoid entering the HC for the next 10 days we would greatly appreciate it.

Northcrest has one staff member with a positive case, this case is unrelated to the Health Center outbreak.

There are Covid-19 Home Tests available if you would like one. Ask Joe for help.

Current status of Northcrest Community:

New Cases within the past seven days:

Residents - 3

Staff - 1

PLACES TO GO

Ames Municipal Band Concerts

Municipal Band Concerts are every Thursday through July. Bring your own lawn chair. Buses at 7:30 pm. Sign Up at least 24 hours in advance!!

ISU Dairy Farm Open House



Get up close and personal (well, not THAT close!) This annual public open house is a treat for young and old. Fri, June 10, Bus at 8:00 am. Home by 10:30 am.

ACTORS:

Bus available on

- Sun, June 26, Bus at 1:30 pm.



**LEGALLY
BLONDE**
The Musical

THINGS TO DO!

Upcoming Friday Chats: 10:30 am

June 10: Artist on exhibit, Mary Muller, will present her history and inspirations.

June 17: Mark Edge with the IA Dept. for the Blind will share new methods to cope with low vision.

Northcrest Stitches

The next meeting will have a 4th of July theme—bring items you have made to share! Mon, June 13, 2 pm, Grand Room.

Low Vision Support Group

This month the Low Vision Support Group will meet in person on June 15, 2:00, at Bethesda Lutheran Church. We will be sharing examples of tools that we use to accomplish daily tasks.

Tap-Fit Classes starting



Tentative schedule for Tap-Fit classes: Tuesdays at 10:30, and Wednesdays at 4:00. Come to the Wellness Center to learn more on June 14 at 10:30, & 15th at 4:00.

Upcoming Outings!

- Sun, June 19, Car Show at Iowa Arboretum, 11:00 bus if enough interest.

- Mon June 27, Bus at 1:00 pm. Tour of Advanced Teaching Research Building on Campus. Scientist & art docent led.

The NC Art Committee

Title: OUR FAVORITE ARTWORK



Residents are invited to submit one of their special collected pieces of art for everyone to appreciate. Exhibit June 30 - Aug 31 in the Grand Room. Questions: Cindy Scholten: 515-520-3391 or Barb Cobb: 515-292-4647.

Wisteria Contest Winner



Kathy Ketchum is the winner of the Travelling Wisteria Prize! She guessed the wisteria would be at 80% of full bloom on Sunday, June 5, as determined by our anonymous resident committee! Thank you to all who participated. We'll award Kathy her prize when she returns from her travels!

The CREST!

The Crest is open
Wed, the 15th: 12-2 pm only

Thursday & Friday
12:00--2:00 pm, 4:30—7:00 pm

June 15-17 Specials

Happy Hour, 4:30—5:30

All Drinks: \$3.50

Select Appetizers: \$5.00



Soup of the Day
Pizza Soup

Friday, June 17:

Noon—2:00:

Grilled All Beef 1/4 lb Hot Dogs,
with Minced Onion, Relish & Cowboy
Baked Beans—\$6.50
Root Beer Floats: \$2.00

Pick-up times for Regular Daily Meals at the 2300 Front Desk:

Lunch, Monday- Saturday: Sign up by 10:00am

Lunch is Ready For Pick Up at 2300 entry at 12:00 pm

Sunday Lunch: Sign up by 6:30 pm Saturday.

Lunch is ready for pick up at 2300 entry at 12:30 pm

Need the Kitchen? New Extension

After calling 232-6760, please dial **Extension #7212** or choose option 4.

Sunday, June 12

Lunch: Baked Turkey, Mashed Potatoes & Gravy, Green Beans, Strawberries & Blueberries, Fruit of the Forest Pie

Monday, June 13

Lunch: Patty Melt, Onion Rings, Pickle Spear, Cantaloupe, Oatmeal Bar

Tuesday, June 14

Lunch: Chicken Sandwich with Lettuce, Tomato & Onion, Mayo on the Side, Fresh Fried Chips, Bread & Butter Pickle, Fresh Fruit, Yogurt Parfait

Wednesday, June 15

Lunch: Meatball Sub Sandwich, Apple Slices, Cucumber & Onion Salad, Cheesecake

Thursday, June 16

Lunch: Hot Ham & Cheese Croissant, Corn Chips, Celery & Carrot Sticks with Ranch, Grapes, Frosted Banana Bar

Friday, June 17

Lunch: Orange Chicken over Rice, Stir Fried Vegetables, Egg Roll, Watermelon, Black Forest Cake

Saturday, June 18

Lunch: Taco Salad, Corn Muffin, Apricots, Cookie