

# The Northcrest

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## Linda's Lines

by Linda Doyle, CEO/Administrator

*Phi-lan-thro-py*, noun: the love of humankind. November is National Philanthropy Month, a time to celebrate the charitable work that EVERYONE does to make a difference and create an impact in their communities. I am always amazed at this time of year by the remarkable generosity of Northcrest residents in supporting charitable organizations in the Ames community and our own Northcrest community.

Here at Northcrest there are many opportunities for participation. A letter was recently sent to residents outlining the various ways available to support the mission of Northcrest through the Northcrest Foundation. Now, more than ever, this financial support is of utmost importance in making sure we are able to provide a continuum of life care services to current and future residents. Please take a moment to review and consider which fund would be an appropriate recipient of your donation. Bequests and memorials are also thoughtful ways to support Northcrest, while Charitable Gift Annuities are a great way to not only support Northcrest, but to receive a guaranteed income for life. Visit our website ([www.northcrestcommunity.org/the-foundation](http://www.northcrestcommunity.org/the-foundation)) for the list of funds available; you'll also find some great informative articles by clicking the Planned Giving tab.

A \$2,000 gift qualifies you as a member of the Foundation's Horizon Club. For those of you who are already members, your donation this year may take you to the next designated level of giving. New members and those advancing to another level will be recognized at the annual Horizon Club dinner to be held Wednesday, Nov. 8, 2017. We will also be recognizing the recipients of the Fox Family Professional Development Scholarship Fund. **Thank you for your continued generosity and commitment to the mission of Northcrest!**

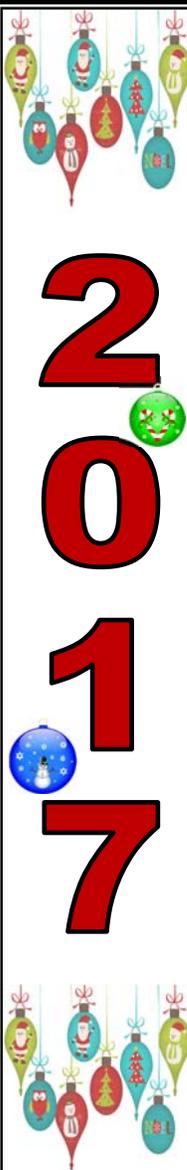
There are how many shopping days 'til Christmas???? Hard to believe we're talking about Christmas when the Halloween candy delivered by these 3 witches hasn't even been eaten!



Somewhere in-between Halloween and Christmas we have to make room for Thanksgiving, a favorite day of mine when I can spend time in the kitchen preparing food for my family and filling the house with wonderful aromas. This year our son is hosting Thanksgiving for over 25 people in his new house, so my duties

have been lightened quite a bit since he is a wonderful cook and loves to entertain. But I'm still responsible for bringing the dressing (my mom's recipe) and Chocolate Kahlua Pecan pie among other favorites. If cooking is not your "thing", then make reservations for Thanksgiving dinner at Northcrest. You can count on Rashell and her staff to prepare and serve a sumptuous Thanksgiving meal with all the trimmings.

So much to be grateful for as we head into the Christmas season. And speaking of Christmas...you know Ronnie is chomping at the bit to turn Northcrest into a winter wonderland. I can't wait to see what she does this year!



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# The Traveling Geraniums

by Roseva Albertson

A vegetable and flower garden have always been an important part of Roseva Albertson's life. One of her favorite flowers is the red geranium and was found in abundance in her yard before moving to Northcrest. In the fall, Roseva pulled the geraniums and stored them over the winter in her basement in brown paper sacks, but the success rate was low. Many big husky geraniums did not survive.



Roseva's geraniums at Northcrest

Living the life of a winter snowbird requires detailed planning to successfully winterize an Iowa home and close an Arizona home for the hot summers. Lists of inside and outside chores at both locations help minimize possible problems. One year as Roseva was pulling the Iowa annuals, she got the idea that maybe there was a way to transport some of the geraniums to Arizona in the luggage, just like packing liquids or special items like coffee, or even Dutch Letters from her favorite bakery. Yes, the idea was worth a try. Thus, the birth of the traveling geraniums.

Now when Roseva goes to Arizona in the late fall, her geraniums travel right along with her on Southwest Airlines in her checked luggage. The day before Roseva departs Ames for Arizona, she trims

the blossoms and a few leaves, pulls the geraniums from the pots, shakes most of the dirt off, rolls the plants tightly in newspapers, and fully wraps them in plastic bags secured with masking tape and rubber bands. The day after arrival in Mesa, the flowers are unwrapped and immediately potted in fresh potting soil, ready for the Arizona sunshine. After two to four weeks the geraniums are green and budding. During the winter months in Arizona, the blooms will grow to six inches in diameter.



Roseva's geraniums in Arizona

In April of the next spring, the geraniums fly back to Iowa again in the checked luggage ready for another Iowa summer.

These plants are about fourteen years old and very strong and sturdy, which gives them a quick boost into the blooming season.

*Roseva Albertson is a long time resident of Ames, IA, an alumni of ISU and a retired Home Economics teacher. She also was married to the late Hubert Albertson and the mother of five children, all graduates of ISU. For the last twenty years, she has been a winter snowbird in Mesa, Arizona.*



## **NORTHCREST COMMUNITY is honored to have placed #4 out of 50 mid-sized companies in Iowa.**

In a recent survey of the staff at Northcrest, one thing kept coming up again and again: the residents. "The staff were all saying the reason they like being here is because of the residents who live here," said CEO Linda Doyle. "We're here for the residents. The residents depend on us. We're their family. And they care about us." Linda said all of the 133 staff members feel personally connected to the 175 or so residents. "It is really a family," she said. It is part of that connection of people knowing that when they leave their job at the end of the day, they know they've made a difference in someone's life." *(The Des Moines Register, Sept. 27, 2017)*

# Country School Personality

by Howard Johnson



Cook Number Six located in Cook Township, Sac County, Iowa, was the school I attended for seven years. It was built in 1928, replacing the one constructed in 1870. Cook Six housed a coal burning furnace in the basement. Indoor toilets on the first floor, great in cold weather, were an improvement from the outdoor johns we had at home. We kids clamored for the privilege to pump drinking water from a farm well a quarter mile away to pour into our drinking water crock.

Miss Dannenberg, my teacher for five years, drove five miles from her home when weather permitted. Students liked her. She could

sing, have fun and smile, but appeared firm and studious when needed. She had high school normal training credentials.

About twenty desks were available, some double for two students. Four slate black boards fastened along the front wall displayed numbers and alphabet letters. Miss Dannenberg challenged us by handing out chalk and sending us to the blackboard.

Students from farm families living on the land, four sections surrounding the school, were a motley crew. Boys wore the same bib overalls all week. Girls in plain dresses changed twice a week. During the dirty thirties, renter families were relatively poor. Horses provided power. Corn was picked by hand.

School kids usually fit the personalities of their families. However, some exceptions became apparent, as I observed through the years. Dan Ryan, my only class mate in the first grade, needed to bolster his pride. While we got along well, he often reminded me, "My dad can lick your dad with his hand tied behind his back!" Unsettled as a kid, I wondered what kind of brute father Dan had. Later I saw his father, a small man, not healthy. The Ryan family moved from the small, unimproved farmstead in a couple of years.

I learned that some kids could add and subtract faster than other kids, even from the same family! Gail, the older brother, was methodical and moved quickly from addition to decimals and fractions. His brother, Stanley, was slow with arithmetic. I felt sorry for him and gave him an Eversharp pencil to encourage him. The gift didn't help! He was mentally slower than his brother.

Then there was little Velma Peters! The Peters, living at an unkempt farmstead a quarter mile from ours, provided a contrast in living style. Mr. Peters seemed quiet, friendly and a good father, When irritated, Mrs. Peters, in contrast, swore like a drunken sailor being thrown out of a bar. (Their son had lessons in language revision from Miss Dannenberg when he entered first grade.) Velma was a couple of grades behind me in school, and I was attracted to her so I constantly watched her in class. Velma sometimes wore a green velvet dress, so soft to touch. She was quiet, reserved. She had one characteristic that fascinated me; she displayed remarkable intelligence! She moved grades ahead of her age in arithmetic and reading. Miss Dannenberg worked to challenge her prowess. The Peters moved from their small farm to try to raise their living standard. I never knew how little Velma progressed in life.

Across the road from Cook Six lay a pasture. A creek meandered through the area. Miss Dannenberg permitted us to play in the pasture. We crossed the road, crawled through a barb wire fence to be able to take part in our favorite noon recess sport - drowning out ground squirrels! Leroy, an older boy and my sister Helen's heart throb, brought a bucket to scoop water from the creek. After cornering a ground squirrel in his den, Leroy carried the bucket of water to the den. LuVern, who had a crush on Helen, was irritated by all her attention to Leroy. He ran over and upset the precious bucket of water. In anger, Helen kicked LuVern in the shins. Both bawled out loud. Miss Dannenberg heard the squabble, climbed through the barb wire fence, and ran to intercede. On learning the details of the lost bucket of water, she swatted the combatants on the seat and sent them to the school house.

My mother heard of the incident and inquired of Helen, "Did it hurt when Miss Dannenberg spanked you?" Helen replied, "No! She just spanked my bloomers."

School experiences shaped our personalities. We learned about ourselves and others. In WWII, Helen joined the navy as a WAVE; LuVerne enlisted as a paratrooper in the airborne infantry.

# Meet Your Neighbor

by Norma Hensley



We are pleased to welcome Anita Coatney to A-16. She comes to us from Glenwood, Iowa where she and her husband Rex raised their family. She moved to Ames a year ago to be near her daughter and await her call to Northcrest.

Anita was born and raised a farm girl in Adams County, Iowa. She graduated from Corning High. When she attended the recent magic show shortly after her move-in, she discovered Vonnie Israel, a fellow Northcrest. She and Vonnie had boarded in the same home management house in Corning while attending high school!

Anita studied business and music at McPherson College in McPherson, Kansas. Following graduation she taught in Barnard, Kansas. It was there she met that handsome science and industrial arts teacher across the hall. Anita and Rex were married in 1954. They shortly moved to Cook, Nebraska, where the birth of their children created a family of five. The next phase of their life's journey brought them to Glenwood, Iowa. While Rex served as high school and junior high principal in Glenwood and Sydney, Anita was a stay at home mom. When Rex changed direction in his career, she became a partner in the women's and children's apparel store they purchased in Glenwood. They retired in 1994.

Their travels have taken them throughout the United States and some European excursions.

Anita's favorite activities involve music. She sings with the Ames Songbirds and other groups. She enjoys playing a variety of card games and crocheting. She also reads poetry. She writes it too, but she's quite modest about that talent.

Anita's daughter, Rhonda Rippey, is an Ames nurse practitioner and the mother of two of Anita's grandchildren. Her son, Randy, has a computer business in Colorado and also has two children. Russell is a dentist in Oklahoma with six children. This has given her five great grandchildren.

Her sports loyalties are mixed. The years in Nebraska and Glenwood have left a Huskers interest; grandchildren attending Oklahoma and of course her presence in Iowa State Cyclone territory rounds out the mixture. Her loyalties were certainly tested on the Saturday that Iowa State beat Oklahoma and the Huskers lost with a goose egg! Her generous personality leaves her graciously living in the moment.

We will miss her cheerful, friendly smile when she leaves to spend the winter in Arizona. Enjoy the sunshine, Anita, and we will look forward to your spring return!



# How Grandfather met Grandmother

by Chuck Beall

My grandfather, Charles M. Beall, started his medical practice in Clarksburg, Indiana in 1885. Sometime later, a local farmer Hugh Logan asked him to go to his farm and examine and treat a colt. Grandfather told Hugh he diagnosed and treated humans. "I don't know anything about horses!" Hugh replied, "You don't have to. The colt will get well on its own. I have three daughters that have been driving me crazy about helping this colt. All you have to do is look at it, act like you're treating it, and the daughters will leave me alone."



Grandfather did as Hugh asked, and met my grandmother Mertie, who was one of the three daughters!

## Climbing Trees Part II

by Pat Johnson (edited by Howard Johnson)

Written for Inkspots, May 2008

As a teenager I babysat to earn spending money. While in ninth grade I "babysat" at a home near Roosevelt School for a family with three boys, about five, seven and nine years old. Their mother indicated that should the boys not cooperate at bedtime, I was to call her at the number she gave me. They would return and put the boys to bed. I decided as I listened that she had not left the boys very often. I assured her that I would not have trouble. They left.

The boys and I finished a game they had been playing and, since it was still daylight, they asked to play outside in the fenced yard. That was good I thought. They would be very tired and ready to go to bed.

An old cherry tree stood in the backyard, a great tree to climb I thought. I was pleased the boys liked to climb it. However, when I told them it was time to come down and get ready for bed, they resisted. The older boy dared me, "Come and get us!" His siblings giggled nervously. I climbed the



tree, much to their surprise; the boys climbed down and went to bed.

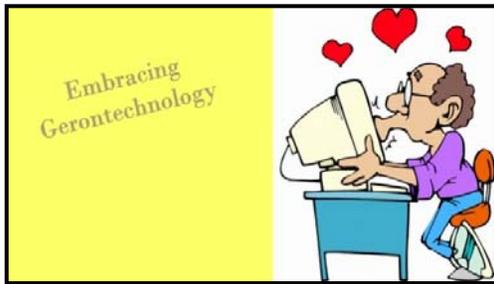
When their parents returned later that evening, an anxious mother seemed stunned that they were in bed and I was doing my homework. When I told her I had to climb the tree to get them, their father laughed. I didn't tell them I had enjoyed the excuse to climb a tree.

Many years later, when I had a young family of my own, I recalled that babysitting incident as I read in the Ames newspaper an account of the older boy's death. He was a pilot in the U. S. Air Force and had been

killed in an accident during a training maneuver.

My children did not climb trees. We had sycamore, oak, elm and various pine trees in our yard; nearby Emma McCarthy Lee Park had many mature trees, but the low branches were removed, the trees shaped and pruned. My grandchildren, like their parents, climb on monkey bars and jungle gyms, enjoyable but not venturesome. Perhaps that is safer.

# *The Day Iowa State Came to Northcrest*



On a summery afternoon in September, ISU Professor Carl Chang's class on technology aids for the aging met at Northcrest. Over 20 students filled one side of the Green Room while a contingent of interested Northcrest residents occupied the other side.

The overall purpose of the gathering was to allow ISU students to visit Northcrest, and to get ideas for their semester class projects dealing with technology aids for aging people. A related

purpose was to allow Northcresters learn about technological advances for help with aging.

Professor Chang is actively involved with the cross-disciplinary fields of Computer Science and Gerontology. Prof. Chang began the meeting with an overview of the rapidly developing field of "Gerontechnology" which focuses on using technology to aid aging people. He gave an example of a smart phone app that uses wi-fi or carrier signals to allow activity of aging parents to be tracked by their concerned adult children. Another idea under development which fascinated us was monitoring brain waves with an earphone-like device which detects brain wave activity. It could type out the thoughts of a person. Imagine this device aiding, for example, someone paralyzed from the neck down.

Next, a panel of Northcresters composed of Janet Anderson-Hsieh, Phyllis Harris, and John Stanford described ways that technology could aid in various aging issues. The class students listened attentively for possible semester project ideas.

Janet briefly described various electronic devices she uses to aid low vision. She then asked for improvements, such as making her electronic calendar more user friendly.

Phyllis gave a moving description of the isolation felt by a person with hearing loss. She pointed out the dearth of effective devices or iphone apps devoted to aiding hearing loss. Could someone make an app that uses an iphone mike to pick up and amplify, with audio band-pass filtering, voices in a small group setting?

John asked the students to put themselves in the place of those they want to help. He told the students to buy inexpensive eyeglasses that DON'T WORK WELL for them to wear, making things fuzzy to see. Then go to a fast food place and order from the overhead menu. John next shared with the group about getting on what he thought was a #2 bus that turned out to be a #21. He asked Prof. Chang if he got partial credit since he got the first digit correct! John then asked if someone could devise a simple telescope using an iphone camera, that could be quickly activated with one gesture, "before the bus zooms past!"

Appreciative Northcresters in the gathering made comments after the presentations. Phyllis later commented on the eager faces and attitude of respect the students had for Prof. Chang.

At the end, the class was given a tour of Northcrest by Social Coordinator Ronnie Lindeman who also had diligently arranged details for the meeting.

The gathering exemplifies the ongoing very positive relationship between Iowa State University faculty/students and the Northcrest Community. We look forward to continuing!

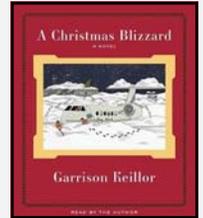
*by John Stanford*

# First Lines (from donations to the library)

by Phyllis Harris

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

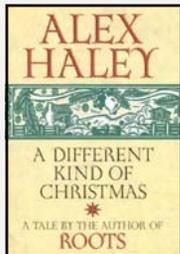
“It was an old familiar nightmare, the one about men in black hoods chasing him through tall grass toward the precipice overlooking jagged rocks and great greenish waves rolling and crashing in the abyss where sharks with chainsaw teeth awaited and great black buzzards hung in the air and there he was sliding toward extinction and then Mr. Sparrow woke up to a son emanating from somewhere close to the bed—when he plays his drum, pa-rum-pum-pum, let’s break his thumbs.” **A Christmas Blizzard**, Garrison Keillor



“I am what they call in our village ‘one who has not died—a widow eighty years old.”

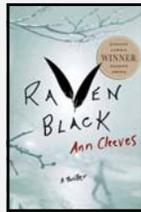


**Snow Flower and the Secret Fan**, Lisa See



‘One afternoon in March of 1855, in his college office, whose austerity reflected his own lack of pretense and an honest bordering at times on the severe, C. Thomas Ridgeley, the Dean of Men considered the request of the stocky auburn-haired sophomore who stood formally at attention, as was required of a student appearing before the office of the college.’

**A Different Kind of Christmas**, Alex Haley



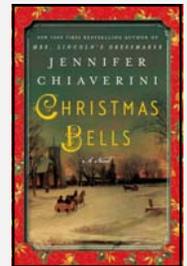
“Twenty past one in the morning on New Year’s Day.”

**Raven Black**, Ann Cleeves



“Only the most jaded of critics would deny that the winter holiday concert had been an artistic triumph, and as far as Sophia could tell as the audience filed from the auditorium to meet the young performers in the cafeteria for juice and cookies, no one fitting that description had attended.”

**Christmas Bells**, Jennifer Chiaverini



“Nobody ever warned me about mirrors, so for many years I was fond of them, and believed them to be trustworthy.” **Boy, Snow, Bird**, Helen Oyeyemi



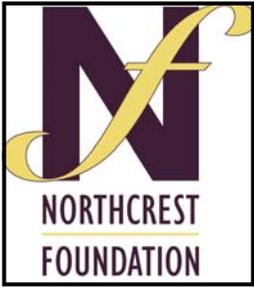
LoveJoy: Christmas Specials Seasons One-Six

## Christmas DVD’s in the Library



Meet Me in St. Louis  
Miracle on 34th Street  
White Christmas





***The Northcrest Foundation assists Northcrest, Inc. by encouraging charitable giving from individuals and organizations.***

**Our annual giving campaign is underway.**

**Consider how you can play a vital role in preserving Northcrest's legacy as the premier retirement community in Central Iowa!**

With the creation of the Northcrest Foundation in 2000, there are now 4 funds in addition to the Permanent Endowment Fund. These funds provide greater opportunities for gifting, depending on each individual's interest. **For more information, go to:**

**[www.northcrestcommunity.org/the-foundation](http://www.northcrestcommunity.org/the-foundation).**



Thank you for your support!

*—Linda Doyle*

**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."***  
**1801 20th Street**  
**Ames, Iowa 50010**  
**[www.northcrestcommunity.org](http://www.northcrestcommunity.org)**

**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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