

Front Porch NEWS

JUNE 2011



Pastor Cheryl
Siegenthaler

Green Hills
Chaplain



Green Hills
Retirement Community
6557 US 68 S.
West Liberty, Oh
(937) 465-5065
www.greenhillsrc.org

Changing Things up a Bit

Summer is upon us and for many people that means a change in routine. School children will change their daily routine for summer schedules which are, on one hand, flexible, but on the other hand, victim to the tyranny of sports, swimming lessons, etc. Seasonal work means that snow plows are gone and mowers come out. With the very wet spring we've had, farm work is out of whack and farmers are off schedule. As we grow older, changes in our routines can make us anxious or grumpy. We like to know how things are going to be.

But sometimes change is good, especially when it comes to our spiritual growth. It's good to develop spiritual disciplines—whether they are prayer, meditation, fasting, service, or worship. But when these sacred routines are fed by rote memory or mere habit, they are nothing more than empty rituals. When we learn the *how* but forget the *why* we do something, we can find our way to moments with God blocked. There is

a study out there that says once we have sung the lyrics of a song thirty times, we no longer think about what the lyrics say or even mean. Let us pray that doesn't happen in our relationship with God as we recite the Lord's Prayer or study our daily devotions. In an effort to keep our approach to God fresh, it is a good thing to change up our routines once in a while.

A new kind of prayer, a different Bible study method, a changed way of serving may be just the ticket to finding a renewed excitement in our relationship with God. A man by the name of Andre Gide said, "People cannot discover new lands until they have the courage to lose sight of the shore." He's talking of adventure, of changing things up for a bit, of flipping our routines. God does not care how we find our way to Him. He merely wants us to find our way. Sometimes all it takes is to venture out on a new route. After all, we have God's Word—the lamp to our feet and a light for our path.



The Child in All of Us



Is there something magical about the month of June? Something that excites our imagination and reawakens the child inside all of us? Perhaps this little bit of June magic is why four great writers of children's books celebrate their birthdays this month.

Maurice Sendak (born June 10, 1928) is best known for *Where the Wild Things Are* and *In the Night Kitchen*. As a child he was sick and frail and spent much of his time indoors. Books were his greatest comfort. While some claim that Sendak's books may be too menacing for young readers, he has been hailed as a brilliant pioneer of children's literature.

Richard Scarry (born June 5, 1919) has sold over 100 million of his books worldwide. His books often take place in *Busytown*, a world inhabited by animals that work as police, firefighters,

farmers, butchers, and every other manner of worker. His playful characters demystify what can be a confusing world for children.

Helen Oxenbury (born June 2, 1938) is a writer and award-winning illustrator of many children's books. Her drawings capture children in all the little mischief of their exploration and discovery. She has illustrated *We're Going On a Bear Hunt*, *Tickle, Tickle*, and *Ten Little Fingers and Ten Little Toes*.

Working in a vivid collage style, the art of Eric Carle (born June 25, 1929) is instantly recognizable. His famous book, *The Very Hungry Caterpillar*, was created by cutting and layering hand-painted papers into images. Many of his books address the natural world, a subject of endless fascination in children.

Proceed with Caution



The Green Hills campus is an extremely busy place. Especially when the weather turns warmer. Throughout the day and early evening hours you'll find residents walking and running for exercise, folks milling about visiting, or the children out for an adventure.

For the safety of everyone, please use caution when driving on the Green Hills roadways. And remind your friends and family to do the same. The posted speed limit is 15 mph.

Let's all do our part in keeping Green Hills safe!



It's Tornado Season—Shelter in Place



The key to surviving a tornado and reducing the risk of injury lies in planning, and preparing what you will do if a tornado strikes. Flying debris causes most injuries during a tornado. Although there is no *completely* safe place during a tornado, some locations are much safer than others.

At Green Hills we advise residents and visitors to “shelter in place.” Which ever building, on campus, you happen to be in when a Tornado Warning is issued, that is the location you should remain. If you are in the Care Center, Community Center or Inn you should look for the Tornado Shelter emblem, like the one to the left, for locations that are the most safe. These emblems are located at the bottom of doorways. Be sure to look for them the next time you’re in these areas or ask a staff person to guide you.

If you are in an apartment or home, it’s suggested you seek shelter in the center-most room of the unit; typically it’s the bathroom, hallway or closet. We do not encourage residents to leave their homes.

For added protection, if possible, cover your body with a blanket, sleeping bag, or mattress, and protect your head with anything available--even your hands.

The best way to receive continuous information about warnings and weather conditions is with a NOAA weather radio. The radios are sold in many stores and come with battery backup (in case the power goes off) and a tone-alert feature that automatically sounds when a weather watch or warning is issued.



The **GREEN** Philosophy

*“I pledge to **GIVE, RESPECT** and **ENGAGE** those we serve while we **ENCOURAGE** choice and **NURTURE** one another.”*

Tidbits—on Person Directed Care

One aspect of Person Directed Care is creating a more home-like atmosphere. As a result, it may mean that Green Hills allows staff to dress in a more casual manner.

The past couple of months staff at Green Hills have been experimenting with a new “temporary” form of dress attire. Maybe you’ve noticed. If so we’d like to hear your opinion. You might consider some of these questions:

1. Has it changed the way employees address the needs of our residents, clients, children or guests?
2. Is employee appearances more/less professional?

You’re invited to share your thoughts with us by June 10th by placing comments in either the Suggestion Box at the Center Reception Desk or in the Drop Box at the Community Center Reception Area, by emailing cbarns@greenhillsrc.org, or by calling directly to Christie at 465-5065.

Miss Show Business



June 22 is Judy Garland Day, a day honoring the woman who has been named one of the ten greatest female stars in the history of entertainment. June 22 was selected because that was the day she died in 1969. However, there is a happier reason to celebrate her life in June; she was born Frances Ethel Gumm on June 10, 1922.

For many, Judy Garland will always remain the sixteen-year-old Dorothy from the 1939 smash-hit *The Wizard of Oz*. Her rendition of the song “Over the Rainbow” will never be forgotten. *The Wizard of Oz* was only the beginning. Judy Garland went on to win an Academy Award, a Golden Globe, as well as Grammy Awards and even a Tony Award. Her talents launched her into the elite of performers and for that reason she will always be remembered as “Miss Show Business.”



Healthy U—

FREE Chronic Disease Self Help Management Workshop



Healthy U is a small group workshop where people with different ongoing health problems meet once a week for six weeks. This proven program can help you regain control of your life and do the things that matter to you!

Green Hills Retirement Community will host this workshop.

Weekly for Six Weeks—July 8 to August 19

(No session July 12)

1:30—4:00 p.m.

In the Training Room of the Community Center

Advanced Registration is Required—to register contact Christie Barns at 465-5065. Workshop size is limited—call today!

This program is made possible through combined efforts of the Administration on Aging, the National Council on Aging, the Ohio Department of Aging, the Ohio Department of Health, and the Area Agency on Aging, PSA 2.





Green Hills to use CodeRED system for emergency notifications

If there was a dangerous chemical spill or gas leak on or near the Green Hills campus, how would you find out that you needed to take immediate action?

Through on-going disaster preparedness, it was determined that the fastest way to contact residents of a potential emergency is through an automated telephone system provided by the Logan County Emergency Management Agency. Therefore, Green Hills will be registering every Independent Living household on campus.

The service is called CodeRED and can make up to 60,000 telephone calls per hour.

Enclosed is a form that we ask you to complete. We will then register each household on campus. Please complete your address, name, and the telephone number or numbers that should be called to notify you of a possible danger or important information during an emergency. Both your land line telephone and cell phone numbers can be registered.

REGISTER: Please complete the enclosed CodeRED form and return it to either Cindy Melvin in the Rec Center or Christie Barns in the Community Center. We will then enter your information into the county EMA's CodeRED database.

PRIVACY: Your contact information will remain private in the system and will only be used for notifications through the CodeRED system.

CALLER ID: When you get a call through the CodeRED system, your Caller ID will display one of the following:

866-419-5000 or Emergency Comm for Emergency Notifications

855-969-4636 or ECN Community for General Notifications

PLAYBACK: If you want to hear the last message delivered to your phone,

Already have an account? [Login](#)



Keeping citizens informed

Logan County, OH

Please fill in the form below to receive critical communications. Your contact information will remain private, it will only be used for notifications through the CodeRED system.

1 PROVIDE 2 VERIFY 3 SUBMIT

Location Details

*required fields

* Address to be monitored
please no P.O. boxes

* City

* State * Zip Code

Apt/Suite/Unit

* This address is residential business

Is this address a mobile or manufactured home?
Do you require special assistance in an emergency?

Contact Information

* Name
first and last or business

* Phone 1

Mobile
 TDD/TTY device
Tone delivery, for hearing impaired

Email

Phone 2

Mobile
 TDD/TTY device
Tone delivery, for hearing impaired

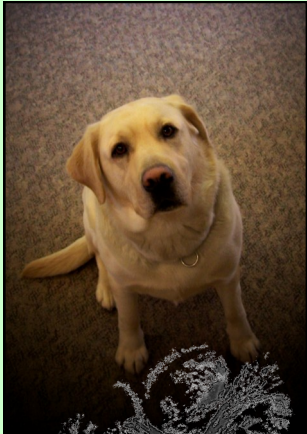
Alert Types

Emergency Notifications General Notifications



EMERGENCY COMMUNICATIONS NETWORK®

Tanner Tails



Can you believe it! Marc, the guy who is so great to offer me and my buddy, Tucker, a ride to work with him—FORGOT US! That’s right. He left us ...at work.

Maybe he had something else on his mind. It could be he rests easy knowing that we’re well cared for. And quite honestly, we were having so much fun we didn’t realize it was time to leave.

Human beings have abilities to help them understand time. They are able to remember a sequence of events and they are able to use reason and have forethought to anticipate what they need and in most cases, plan for future events—like remembering to take Tucker and I home.

However, because people have tested us, it’s been found that we, along with other animals do very well with short-term memory like repeating a sequence. But we need a whole lot of training to remember in the long-term. So if we have a choice to get a small reward right away (eat a dog treat now) we’ll pick that over waiting or anticipating a big reward (eat a steak later.)

Because of this, dogs also perceive time differently. You could say we’re “stuck in time.”

Maybe people should practice to be more like dogs and relish our carefree nature. We don’t worry about tomorrow—it’ll take care of itself. We like to simply “live in the moment.”

June Birthdays

David Hoover	Center	01
Edna Sanders	Inn	04
Dvae Kuhl	Homes	08
Heath Tackett	Apartments	09
Carol McMullen	Center	10
Mary Johnson	Center	10
Jose Hernandez	Center	10
Thelma King	Apartments	12
Eleanor Swartz	Inn	13
Paul McCann Sr.	Apartments	14
Tom Secrist	Homes	16
June White	Apartments	17
Harrison Miranda	Apartments	17
Elizabeth Miller	Apartments	17
Phil Black	DayBreak	18
Bernard DeRemer	Apartments	18
Adelia Wilson	Center	18
Betty Miracle	Inn	22
June Pittenger	Apartments	25
Sara Ellen Stoltzfus	Homes	26
Roger Brown	Apartments	26
Gary Botkin	DayBreak	30

Cameron Warner, Rep. Jim Jordan’s Deputy District Director, meets with residents during and open discussion group as a part of Green Hills Celebration of Aging event.



2011 Child Care Center Graduates
Ivy, Beckett, Izabella, & Gavin

