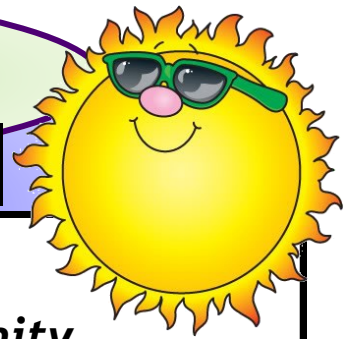


# July 23, 2023


## Northcrest News

Northcrest Community  
Over 58 years of service to older  
adults in the Greater Ames community



### The Week at a Glance!

#### Sunday, July 23

2:00 Hymn Sing, HC (Note location  change)

#### Monday, July 24

10:00 Bus to Fareway shopping  
3:00 Memory Café, Northminster  
Presbyterian Church

#### Tuesday, July 25 RAGRAI in town!

**Fire Inspectors on site all day.**  
9:30 Tuesday Coffee, Atrium F-1 & 2  
10:30 Photo Opportunity for Directory,  
GR (contact Kathy in advance, please)  
11:15 Bus to movie *Oppenheimer*, North  
Grand Cinema  
7:00 Prairie Walk at Doolittle Prairie,  
Story City  
7:00 *Shift: The Ragbrai Documentary*,  
PBS TV

#### Wednesday, July 26

10:00 Blood Pressure Clinic  
10:30 Bus to ALDI or Hy-Vee  
1:00—2:30 Wellness Assessments by  
appointment

#### Thursday, July 27

10:30 *Transitions & Life Care Promise*,  
NC Presentation, GR  
7:30 Bus to Bandshell Concert

#### Friday, July 28

8:30—10:30 1st National Bank, Founders  
10:30 Bus to Walmart & North Fareway

#### Saturday, July 29

Cool down with a water fight!



#### Health & Wellness

**Podiatry:** Contact Kathy at ext. 7220  
for more information.



#### **Hearing Aid maintenance:**

August 1: (1st Tuesday of every month, 1:30  
pm)

**Massage Therapy:** Darlene, 515-708-1556

#### **Wellness Program News by Adrienne**



Wellness Assessments: Sign up at the  
Wellness Center with Adrienne.

Adrienne will be out of the office Thursday and  
Friday, July 27 and 28.

### Sunday Dinner July 23, 12:30 p.m.

Pot Roast  
Mashed Potatoes & Gravy  
Corn  
Watermelon & Grapes  
Cherry Crisp



## ANNOUNCEMENTS

### Birthday Wishes

July 23: Al Johnson  
July 24: Evonn Walling  
July 24: Margaret Noble  
July 26: Win Stanford  
July 26: Phil Baumel  
July 28: Ward Leek  
July 29: Barbara Yungclas



### Tuesday Coffees

Remember to wear your name tags and bring your own coffee mug when you come to Tuesday Coffee! F-1 & 2 will host July 25.

### Friday Chats, 10:30 am, GR

**Aug 4:** MaryBeth Oostenbrug, Northminster Presbyterian “Hangout” Program

### Hymn Sing this Sunday

Join Jan Beran and friends for a Hymn Sing each Sunday at 2:00 pm. This week it will be held in the Health Center dining room, instead of the Green Room. Next week on the 30th, it will return to the Green Room downstairs.

### Transitions & Life Care Promise

Presented by Northcrest’s own Leadership Team, you will learn about the stages of care offered through Northcrest!

**Thursday, July 27: 10:30am, GR**

### Podiatry Openings

Please contact Kathy, ext 7220, if you would like to get in to see the podiatrist. We currently have openings for new patients, and returning patients, for July 26th.

### Photos for the Online Directory

Kathy will be taking pictures for the resident online directory on **July 25th** after Tuesday Coffee. If you don't have a picture in the directory, please meet her in the Grand Room between 10:30-noon. If you would like to update your picture in the directory, feel free to come get a new one taken.

### Housekeeping Note from Joanna

If you are heading out of town, please email Joanna: [jmather@northcrestcommunity.org](mailto:jmather@northcrestcommunity.org). You could also call her at ext. 7222, and let her know that you will be gone.

### Outdoor Concert at the Pergola



Hear Rick Ennis & Bill Buttermore of Second Chair Brass. Bring your lawn chair, and sign up if you'd like shuttle service down and up the hill! Fri, July 21, 4:00 pm.

### Have you judged at the State Fair?

If so, please contact Diana Shonrock. She is working on a presentation for our own NC Fair, and could use your input.

### Congrats Melissa!

Our evening receptionist, Melissa, got a nice award from ISU—say congrats next time you see her!



P&S Superior Service Award  
Melissa Warg

## KNUT'S KNOTES

We are scheduled to have our fire alarm system inspected next Tue, July 25. This will include the main building, Parkway, Assisted Living, Health Center and the Heartwood House. The inspector will test all smoke detectors that are tied into our fire alarm system. In the main building this is just in the hallways, atriums and common areas. Parkway and Assisted Living will also include each unit's living room and bedrooms. The testing may take longer than one day depending how big of a crew they bring. Typically at the end of inspecting a building they will sound the alarms to make sure they are working. Be prepared for random alarms. Sorry for any inconvenience.

## The CREST

**OPEN: Wed–Fri, July 26-28**  
**12-2:00 pm and**  
**4:30-7:00 pm**

**Soup of the Day:**

*Creamy Chicken Tortilla*



## THINGS TO DO!



### Doolittle Prairie Walk

Join Dr. Thomas Rosburg on monthly prairie walks at the largest prairie remnant in Story County -- Doolittle Prairie. The July event will take place on Tuesday, July 25 at 7:00 p.m. These walks are free, but registration is encouraged so any cancellation notice could be sent to you. Go to [storycountyiowa.gov](http://storycountyiowa.gov) and search calendar. Bus if enough interest.

### Northcrest Fair is coming!

The Fair, Northcrest Style, is coming in August. With that, we need to change our display case that right now holds birds. Do you have a figurine or item that you might see at the State Fair? A pig, horse, chicken? Salt shakers shaped like ears of corn? A 4-H project from years past? Talk with Ronnie and we'll change the display August 1!



## PLACES TO GO

### Movie; Oppenheimer

Based on the real life story of the scientist that led the building of the nuclear bomb. North Grand Cinema, \$5, 3 hour movie, Tue, July 25, Bus at 11:15 am.

### Iowa State Fair: Older Iowans' Day

There has been interest expressed to take a bus to Des Moines for the Fair. Wed, Aug 16 is Older Iowans' Day. We ask you to sign up with a buddy for company and safety. We will request you carry your cell phone for communication with the bus driver. Please get your own tickets in advance (\$11) either on-line, or at HyVee or Fareway before Aug 10, or at the gate (\$12 that day for seniors). Bus at 8:00 am, leave the fairgrounds at 3:00 pm, return to NC by 4:00 pm. \$10 Bus fee on your monthly bill.



### Slater Museum: "Growing Up in a Small Town"

Travel back in time to the 50' & 60's, relive those simpler times. Louise O'Donnell will host us at the Slater Historical Museum. \$5

Bus fee, Tentative date: Wed, Aug 2, Bus at 1:30 pm.

### Breakfast in New Providence

Ask Arlene Brandt about this community breakfast. We have gone a number of times, and the report is always—WOW! What a spread for a small town fundraiser. Pay by free will donation for omelets, sweet rolls, and assorted breakfast foods. \$10 bus fee. Mon, Aug 14, Bus at 7:00 am.

## THE GARDEN SPOT

### What Can I Do With Thyme?

#### **Margie Poorman says:**

When out for a stroll enjoying summer's beauty, do stop by the Northcrest herb garden at the SW corner of the raised beds and have a delightful aromatic time comparing the scents of the various herbs. Find the scents you like, then consider cooking with those herbs while they are available from our Northcrest Herb garden.

**Thyme** is an herb from the mint family and is a culinary staple. Thyme is highly aromatic, offering an earthy scent with hints of mint and clove, and it has a layered savor. Thyme pairs well with seafood, red meat, poultry, root vegetables, autumn fruits, eggs, cheese, beans, olive oil, lemon, and other savory herbs like rosemary, sage, oregano, and basil. All these herbs are in the Northcrest herb garden, so do take an aromatic stop to smell them.

Unlike many other types of fresh herbs, fresh thyme can be added early on in the recipe. The herb withstands and benefits from long cooking times, and will slowly infuse its flavor into the dish.

The fresh sprigs hold up well with refrigeration and should be wrapped lightly in plastic. When stored properly, fresh thyme will retain freshness and flavor for one to two weeks.



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

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

**Dinner, Monday, Tuesday & Saturday: Sign up by 2:30pm**

**Lunch is Ready For Pick Up at 2300 entry at 12:00 pm, Dinner at 5:00 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?**

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

**Sunday, July 23**

**Lunch:** Pot Roast, Mashed Potatoes & Gravy, Corn, Watermelon & Grapes, Cherry Crisp

**Monday, July 24**

**Lunch:** Bacon Cheeseburger with Lettuce & Tomato, Onion Rings, Pickle Spear, Fresh Fruit, Monster Cookie

**Dinner:** Pork Loin with Demi Glaze, Au Gratin Potatoes, Peas, Peaches, Fruit Pie

**Tuesday, July 25**

**Lunch:** Ham & Cheese Quiche, Mixed Green Salad, Strawberry & Orange Twist, Cottage Cheese, Yogurt Parfait

**Dinner:** Shepherd's Pie Stuffed Baked Potato, Honeydew & Blueberries, Maple Walnut Bar

**Wednesday, July 26**

**Lunch:** Smoked Turkey & Swiss on Oat berry Bread with Lettuce, Tomato & Mayo on the side, Vegetable Pasta Salad, Cherries, Carrot Cake

**Thursday, July 27**

**Lunch:** Salmon Club with Lettuce, Tomato, & Sauce on the side, Fresh Fried Chips, Pear Slices, Snickerdoodle

**Friday, July 28**

**Lunch:** Beef Tostadas with Shredded Lettuce, Tomato, Onion & Cheddar Cheese, Sour Cream on the Side, Black Bean & Corn Salsa, Cantaloupe, Lemon Lime Mousse

**Saturday, July 29**

**Lunch:** Hot Chicken Salad, Normandy Blend Vegetables, Watermelon, White Cake

**Dinner:** Turkey Tetrazzini, Broccoli, Fruit Salad, Pistachio Pudding