

The Northcrest

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Linda's Lines

by Linda Doyle, CEO/Administrator

The celebrations just keep coming... Northcrest Community was selected as the **Best Senior Living in Story County for the 7th consecutive year** and yours truly was selected **Best Boss/Manager** (embarrassed but grateful). Northcrest placed 2nd in three categories: Individual of the Year, Innovative Workplace and Place to Work. A huge "Thank you" to everyone who took the time to first nominate Northcrest and then do the whole process over again to vote for us – such dedication.



Linda with Rayma DeFore, Resident Council President

Northcrest has also been certified as a **Great Place to Work™**!

To be considered, companies submit an application documenting over 200 data points describing their HR programs and practices. *Great Place to Work* then conducts a confidential survey of the company's workforce. To ensure the survey truly represents all employees, it is required that enough people in the organization respond so that results are accurate to 95% confidence level. One part of the total score is based on the evaluation of com-

pany programs and policies, while three parts come from the analysis of employees' survey data. Employees responded to over 60 survey questions describing the extent to which their organization created a Great Place to Work for All. 85% of the evaluation is based on what employees report about their experience of trust and reaching their full human potential as part of the organization no matter who they are or what they do. It also includes an assessment of all employees' daily experiences of the company's values, people's ability to contribute new ideas and the effectiveness of their leaders.



98% of Northcrest employees say this is a great place to work and would recommend it to their friends.

Celebrate your Independence! The 4th of July is a time for everything Red, White and Blue and Americans have long celebrated Independence Day with great fanfare. Picnics and parades fill the day while fireworks light up the night. Thanks to the forward thinking visionaries who planned Northcrest, it can be Independence Day every time someone makes the choice to become a resident of our community. Since August, 2018, **92 people** have chosen Northcrest – reserving new apartments or moving into existing apartments and townhomes. I'm proud to say my husband, John, and I are two of these people. We moved to a townhome in Northcrest Circle (we put our names on "the list" in 2001) and are thrilled to be here. There is no doubt that downsizing and moving can be daunting but it is well worth it in the end – John loves the fact that he no longer needs a snow blower or a lawnmower. As much as we appreciate the freedom from home maintenance, it is the Life-Care guarantee and the knowledge that we will have a home no matter what life brings in the future, that is the most important advantage for us.

2019

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Birding at Northcrest

by Phyllis Harris

I. On May 8, 2019, from the periphery of my eye something RED plunged from the sky to the patio below.

Like a child over-dramatizing in plush superhero cape, tail and wings black, it hopped down the patio into damp fresh green grass then into the bushes out of view.

I never saw it fly. I've never seen one before yet I knew nature's uncommon dividend-- the *scarlet tanager*.

(Judy Brooks and Pauletti Lasley witnessed. Others?)



II. Where the brick wall meets the patio, Mr. Cardinal... *hop looked, hop looked ...* then flew to a tree.

By the patio door, I sat in my chair, watching Masterpiece Theater on TV.

In my periphery, a ball of gray scruffy fluff, crest askew, plunged straight down by the door, where had the scarlet tanager the month before.

This time, I concluded, a baby cardinal, considering its location, up it whooshed to the nearest tree. I turned back to my TV.

Where the brick wall meets the patio, Mrs. Cardinal ...*hop looked, hop looked...* for a gray ball of scruffy fluff crest askew? Who flew with urgency to the nearest tree? While I, not having stirred, returned to my TV?



Exercise

by Jan Beran

"Come on down!" —no, it isn't The Price is Right or Jeopardy calling for a contestant to come down and try their skill. But it *is* an invite that you might hear any morning of the week at the main building at Northcrest around 8:25 a.m. It's a townhome resident from the Northcrest Circle or an apartment resident on her/his way down, inviting someone to join others in the Green Room for Exercise-8:30-9:00 a.m. It's a friendly group following a video-led well-designed chair-based thirty-minute exercise workout.

It's not one of those 'no pain, no gain' regimens, 'hop til you drop' programs, exhausting workouts where you sweat buckets, or even body shaping extreme fad...(it's probably too late for that, anyway). And don't worry—you don't have to buy a new exercise outfit. You don't even have to wear Spandex!

The videos workouts are led by professionals. The exercise 'regulars' selected four different program videos that include stretching, simple hand weight workouts for maintaining strength, range of motion, balance and all around work outs with music in the background. When the thirty-minute exercise ends, there are very few groans—rather comments such as, "It set my day", "I missed a few days when I was on a trip and I can tell the difference" or "I feel ready to go". After exercise several choose to join others in the MDR for the Exercise Recovery group having coffee, story sharing, laughing, catching up.

It's a well-known researched-based fact that exercise has all kinds of benefits. Among them are better sleep, less chance of falls, more resistance to disease, faster recovery time, slower mental decline, improved sense of well-being, and an increased 'Joie de Vivre'. So, come, join and enjoy!



Know Your Neighbors

Larry and Sue Koehrsen, by Lorene Hoover

"It's a good place to be." Larry and Sue Koehrsen (KEER son) heard that statement often as they made their decision to move to Northcrest. The most convincing endorsements came from Ames friends who are long time residents at Northcrest: Barb Abbott, Jan Beran, and Wes Shank.

Larry grew up on a farm near Walnut, IA. Sue grew up in Park Ridge, a suburb of Chicago. The couple met as students at Iowa State College (as it was then). Larry graduated with a degree in Civil Engineering, Sue with a degree in Home Economics. They were married in 1959.

Their first home was in Phoenix, AZ where Larry fulfilled a two-year military service assignment working in the US Public Health Service, Indian Health. His next job was with a consulting engineering firm in Greeley, Colorado followed by a move back to Ames to complete his MS degree.

Then they made what turned out to be a 48 year commitment to living in Muscatine, Iowa with Larry employed at Stanley Consultants (an international engineering consulting firm) and Sue at The Stanley Foundation (an educational organization working on international issues). Their three children grew up in Muscatine during these years.

Then in 1987 the couple changed career paths and started a business together, the River's Edge Gallery, a custom frame shop and art gallery. Based on Sue's gift in design and Larry's business experience, they grew a successful business for 20 years.

Larry and Sue have six grandchildren who live in various places around the country. Sue mentions wistfully that none

of them have been convinced to study at Iowa State University.

Enthusiasm for their new home comes through as Sue points out the refurbishing of their townhouse at 1823 Northcrest Court: newly painted walls throughout, new kitchen countertops and appliances and flooring patterned after wood floors of another era made new again in colorful vinyl.

Ceiling to floor windows frame fully leafed trees outside their living room. This spacious room provides an excellent setting for their many works of art collected over the years.

This couple will be on the go, participating in activities offered at Northcrest and/or town. Both are active in their faith community, Unitarian Universalist Fellowship. Sue has been involved in the League of Women Voters, attends OLLI classes and public lectures at the university. She says that a person can enjoy *any topic* for an hour. She has also been active in book clubs, including Great Books at the Ames Public Library.

Larry played football for ISU during his freshman year. He continues to enjoy sports and especially appreciates the authenticity of women's sports at Iowa State. Larry is also a writer. His op-eds, dealing with climate change, conservation, and related issues, have been published in the Ames Tribune.

We are glad to welcome you and hope you truly agree that Northcrest is "a good place to be".



The Roving Reader

by Wes Shank

In a recent visit to my dentist, I ran across this book in the waiting room. I had only a few minutes to look the book over, but I recalled hearing of somebody's teenage son in Ames being a magician. The author must be who that was. The title is *Here Is Real Magic: A Magician's Search for Wonder in the Modern World*, published 2018. Nate Staniforth is the author. His father, Arthur, is my dentist here in Ames.

When Nate was a boy, he was so determined to perform magical sleight-of-hand tricks that he practiced nearly a year to learn how. He succeeded, but discovered that for him the real magic was how his magic acted upon the people who watched him, the look of wonder he saw on their faces. As people watched the coin in his hand disappear, the cares of their everyday world disappeared too. Nate grew up and made magic his career.

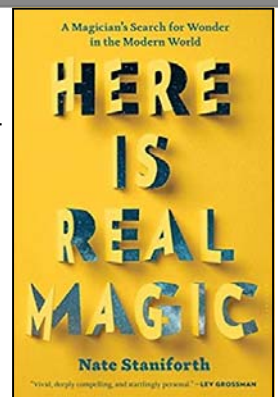
As a boy, Nate experienced wonder one clear summer night as a shower of meteors began above him as he lay on his back in a cornfield. So too did he experience wonder as he listened carefully to the Beethoven piano sonatas as his fa-

ther played the grand piano on evenings at home. He also heard the faint clicks from the keys and rods as the hammers struck the strings. It was magic that a wood box with wires stretched across it created this wonder of sound.

The book tells Nate's personal story and reveals his deep understanding of the human condition. After several years following his career in magic, the uprooted life of constantly crisscrossing the country to scattered bookings began to exhaust him. He was able to pause to take time out for a journey in search of enlightenment.

The last sentences of his book read, "Here is knowledge. The rest is mystery. There is so much yet to be discovered." Nate's book tells his readers where he travelled and what he discovered on this journey. It is a fascinating story.

Ames Public Library has the book.



Slim's Roadside Market

by Judy Brooks

It's July. Someone says, "What shall we have for supper?"

"Hamburgers"

"Watermelon"

"Sweetcorn"

"We could go to Slim's. Who wants to go?"

"How long will you be gone?"

"30 minutes"

"I'll stay here," says the 12-year-old.



Three of us jump into the car and drive down Hwy 69; past the quarry, now Ada Hayden Park, past the Moose, along some great tasseled corn fields. We come up to the 4-way intersection. West goes to Gilbert. We keep going—there is a little house close to the road where there used to live a Watkins man who sold vanilla and pepper and other spices. There is a ditch full of Pampas grass, a field full of cattle, a cornfield with a large area of no corn. This was a flooded area last May.



Suddenly we're at Slim's. Boxes of Missouri peaches sit stacked on a tables, easily accessible to the parking lot. There are watermelon halves, flats of sweetcorn, fat, red tomatoes, long green beans, cucumbers, and zucchini. There are even side chairs to sit up to a little table. Just inside are bottles of wine and jars of jam. All this Iowa bounty—beautiful fruits and vegetables. We buy more than we need.

"Anything else?" A honey stick for the child. "Oh, let's get some avocados."

Finally we pay, feeling pleased with ourselves. We get back on Hwy 69 and reverse our trek north, back to Ames, crossing once again the double tracks, passing the corn fields. This time we see a hawk on a fence post. The Moose Lodge, Ada Hayden Lake, making note of the area where the goats had eaten at the Walmart, J.C. Penney. Suddenly we're on 20th Street and back to Northcrest.



The child and I go peacefully out on the patio and husk the perfect corn—seeing two eagles flying high overhead.

Notable Northcresters

Congratulations to **Ramona Esbeck**! Ramona recently received the "Family and Consumer Sciences Membership" Award. At first the Membership Committee didn't know what to do to mark the day—they had never had a 75-year member!

Ramona, 106, chatted with representatives of the group, reminiscing and laughing about things that happened while teaching and how things have changed over the years. A great time was had by all.



Meet Your Staff

Chris Mondak, by Mim Patterson

This may be a first in Northcrest history: a woman bus driver on our staff. If so, one wonders after meeting Chris Mondak, why it took us so long?

Chris is petite of stature, energetic, outgoing and friendly, and to meet her is to have immediate confidence in her. It goes without saying that her male counterparts here have our sincere fondness and immense appreciation and confidence, but Chris brings an added dimension to it all, a little extra spice to our lives!



Chris' original home was Cleveland, Ohio. She attended Miami University, majoring in Education and English, then teaching in a community college in Ohio for six years. On a "follow your dream" impetus, she moved to Colorado to attend Colorado State University in Fort Collins where she earned an MS in Animal Science and a DVM degree, specializing in dairy animals.

Chris is not only a *vet*, but also a *veteran*. While pursuing her MS and DVM, she enlisted in the US Navy Reserves at Colorado State, taking a six-month break from school for boot camp and medical training. She was eventually deployed to Bahrain during *Desert Storm* where she served as a hospital corpsman, setting up a 500-bed MASH hospital.

Upon her return, she practiced Veterinary Medicine in her chosen specialty in Colorado, Wisconsin and Minnesota. When it became evident that a person of her size might not be ideally suited to wrestle with animals of dairy cow dimensions (she does not elaborate on just how this idea came to light) she came to northwest Iowa, joined with ISU Dairy Extension headquartered in Orange City, and traveled a twenty-county area, mentoring dairy producers.

She was "back in education" but no longer treating animals.

Her innovative style of continuing education was to bring expertise to the producers rather than requiring them to come to a central location for updating, understanding that dairy farmers couldn't take big chunks of time away from their ever-present chores. Most of the producers she worked with initially were male, but her methods became so popular that soon women in the business were wanting their own organization, and a peer group of "women in dairy" was formed.

In 2011 Chris came to Ames and joined ISU Extension in the Agriculture and Natural Resources Department. She describes this work of administration, mentoring and staff development as "taking care of our Extension workers." Her mentoring style involved matching experienced Extension workers with new ones as they joined staff.

Chris retired in 2018, but wanted to continue to "be around people". Her home is near Northcrest and she had watched our busses coming and going. Thinking this might be a job which she would enjoy, she came in to apply and "could tell from the feel of the place" that she would like to work here. While waiting for a position to open she began the rigorous process of earning her Commercial Driver's License, Class C, and now has the documentation to prove it!

Chris feels that even with all of the amazing experiences she has had, the experience at Northcrest, and interactions with the residents, really enriches her life. "I don't live here but I still feel like part of a community! I am very grateful to be at Northcrest and would like to thank Ronnie and the other drivers for welcoming me and their patience while I was training."

Chris is single and all her relatives are in Ohio, but she says she feels comfortable and connected in Ames. She enjoys gardening and hiking, reading and going out with friends. She is currently doing Northcrest's medical and grocery "runs" and Bandshell Park trips. As time goes on and Northcrest grows, her responsibilities will broaden. Make it a point to meet Chris....you'll be glad you did!

Just for Fun

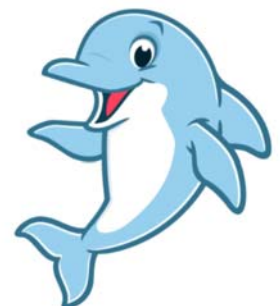
Q: What do you get when you cross a fish and an elephant?

A: Swimming trunks!



Q: Why did the dolphin cross the beach?

A: To get to the other tide!



Know Your Neighbors

Diana Stumpf, by Mim Patterson



New to Northcrest but not to Ames is the new resident at 1919 Northcrest Circle, Diane Stumpf. She is already attractively settled in, and already observed to be on a friendly “back door” relationship with her Circle neighbors!

Diane is a native of Ida County, Iowa, and graduated from Goldfield High School. She earned her nursing diploma from Allen Memorial Lutheran Hospital School of Nursing in 1968 and immediately joined the Army. It was the Viet Nam era.

She was stationed as an Army nurse at Fort Meade, Maryland, where she met and married her husband, who was later shipped to Viet Nam and, early on, seriously wounded. He was returned to the States to be treated at Walter Reed Medical Center, to where Diane was transferred on compassionate leave and where she remained for the remainder of her military assignment.

The couple had two sons, Erik and David. While the family

was living in Saxonburg, Pennsylvania, Diane’s mother came to live with them, and she and Diane opened a yarn and needlework shop there which they operated for three years. Moving then to Iowa, the two opened another shop in Storm Lake. While her mother ran this shop, Diane was able to go back to school on the G.I. Bill and earn a B.S. degree in Pharmacy, subsequently working as a Pharmacist in Altoona, in Nevada, Iowa Falls and, finally, for 15 years, at Mary Greeley Medical Center here in Ames before her retirement.

In his adult life, son Erik, who has a PhD in history, now lives in Ames with his wife and daughter. His brother, David, lives in Schaumburg, Illinois, is married, has 4 children, and is a computer programmer.

Diane says she likes to knit and crochet, and on her living room walls are examples of intricate and beautiful needlework from the shop era. She is a reader, enjoying biographies and historical fiction: “things relating to real life”. She enjoys going to movies and she is a disciplined water aerobics participant.

We are glad you joined the Northcrest Community, Diane, and are eager to know you better. And, if we should need help with a knitting problem, or advice on how to treat cold symptoms.....?

Meet Your Staff, International Edition

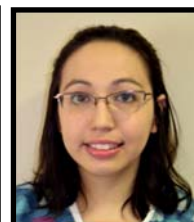
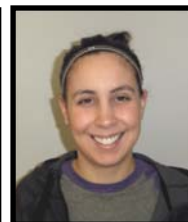
by Jan Beran

If you have ever lived in Northcrest Health Center or Heartwood House, or had loved ones who live there, you would be singing the praises of the capable, dedicated, loving care and attention provided by the staff. They may be speaking in a language other than their first language but they can be perfectly understood as they hurry to answer a call button and to meet every need.

There is Isabel, born in Russia, who just had a baby, a son. Catherine, with her cheery smile and her ever changing hairstyle was born in Liberia, Africa. Bunmi (pronounced Boon-Me) came here from Nigeria as a student wife, was widowed as a young mom, and is proud to have two sons who are graduates from ISU. She recently welcomed friends and family from around the world to the wedding of her son AND there will be another celebration in Nigeria. Akon was born in the newest country in the world, South Sudan, and she works here as a nurse on weekends.

Tall dark-haired Hajra came here from Bosnia as a little girl. Simin (pronounced Simone), from Iran, knows much about caring for seniors as she has worked in several retirement communities. She and Nawal can carry on a conversation in Farsi because Nawal's father came here as a student from Iran. He owns the Flame and Skewer Restaurant. Marie, with her lilting high soprano, is a Filipino-American who was a member of the New Jersey Ballet and is studying to be a registered nurse.

When I read and hear about negativity towards immigrants and refugees I cannot help but think of these capable hardworking individuals. Some of them came as refugees, others as immigrants. Where would we be at Northcrest without their faithful and capable work? I haven't even mentioned that, judging by the amount of Spanish being spoken by the construction crew, the Northcrest expansion project would be limited. Our community is enriched by the presence of persons from around the world!



First Lines from donations to Northcrest's Library...

"I spent much of my childhood listening to the sound of striving."

Becoming, Michelle Obama



"We are climbing the stairs of the observation tower at Pilot Knob State Park in northern Iowa."

Signs of Savanna in Iowa, Bob Dyas (former Northcrest resident)

"What could Daniel Ellsberg possibly have done to provoke such wrath – to be seen as such a threat?"

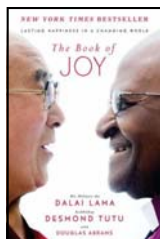
Most Dangerous, Steve Sheinkin

"One day it occurred to me that the warm, squeaky, smelly things squirming around next to me were my brothers and sister."

A Dog's Purpose, W. Bruce Cameron

" 'We are fragile creatures, and it is from this weakness, not despite it, that we discover the possibility of joy,' " the Archbishop said as I handed him his sleek black cane with the silver handle shaped like a greyhound."

The Book of Joy, Dalai Lama, Desmond Tutu with Douglas Abrams

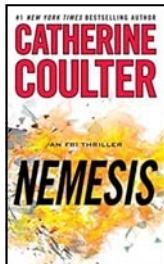


"This highly illustrated encyclopedia is an authoritative guide to all aspects of medicine."

The American Medical Association Encyclopedia of Medicine, Berkson et al

"The airport security line slowly inched forward, nearly sixty passengers stoically weaving back and forth in the ritual stripdance everyone knew and put up with."

Nemesis, Catherine Coulter



"I was wearing my silly straw gardening hat and favorite torn jeans as I walked down the aisle."

The Potting Shed Quilt, Ann Hazelwood



"The word, 'Islam,' means 'submission,' submission to the will of Allah or God ('Allah' is 'God' in Arabic)."

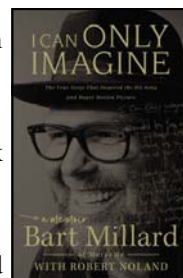
An Introduction to Islam for Christians and other non-Muslims, John C. Beran

"This is the story of a girl named Annie and it began at the end, with Annie falling from the sky."

the next person you meet in heaven, Mitch Albom

"For sixty-five days, the *Mayflower* had blundered her way through storms and headwinds, her bottom a shaggy pelt of seaweed and barnacles, her leaky decks spewing salt water onto her passengers' devoted heads."

Mayflower, Nathaniel Philbrick



"My Dad was Arthur Millard, Jr., son of Arthur Millard Sr."

I Can Only Imagine, Bart Millard

"The original courthouse in Adair County was not at Greenfield but at Fontanelle."

Iowa's Magnificent County Courthouses, Edward & Jacqueline Stanek

"Her first night in Sycamore, the girl snuck out of the house."

Sycamore, Bryn Chancellor



DVDs:

- *The King's Speech*
- *Medicine Man*



Poetry in Motion

A Volunteer, by Judy Brooks

There is a Man,
Recently Retired,
Recently moved into Northcrest.
He dedicated his Winter
To teaching eight of us Spanish.
Two Beginners,
Two Intermediates,
Four Advanced.

He carefully gives Vocabulary:
Hours of the Day,
Days of the Week,
Months of the Year,
The Seasons.
I would have taken any Class:
Geology,
Plants,
Birds.

Spanish was offered.
I signed up.
Yesterday,
Much to my Surprise,
I knew Answers to two Jeopardy
Questions
Dealing with the Spanish Language



Meet Your Staff



Gina Eslick & Amy Van Langen

Amy Van Langen, RN, DOCS,
by Judy Brooks

Access to potentially-needed health care is one of the reasons residents have chosen Northcrest as their retirement community. Amy Van Langen became Director of Clinical Services (DOCS) on April 15, 2019, after serving as Interim Director following Cheri Schendel-Henniger's move to seek new experiences. Amy

oversees residents in the Health Center, in Heartwood House, and the Independent Living Home Care Services.

Amy graduated from St. Edmund High School in Ft. Dodge. She then graduated from Iowa Central Community College in Ft. Dodge, becoming a Registered Nurse.

Amy's first job was at Story City Hospital in Acute Care. Subsequently, she worked in long-term care as Director of Nurses at both Friendship Haven in Ft. Dodge and then Bethany Manor in Story City. Amy has worked several years in both Public Health and Hospice where she appreciated the cultural diversity of various patients for whom she cared.

Amy came to Northcrest in 2015 where she served as Resident Care Coordinator until becoming DOCS.

Amy and her husband have been married for thirty-four years and live on a working farm where they raise one hundred twenty-five sheep and also chickens. Gardening is a passion, raising fruits including strawberries, raspberries, apples and grapes, and also vegetables. Much of this produce is given to others.

Amy and her husband have one grown daughter. Rounding out this family are two Great Pyrenees dogs. The dogs are friends but also serve as protectors of the sheep.

Amy recently completed a course in Wound Care through Mary Greeley Medical Center and now holds certification as a Wound Treatment Associate.

Northcrest appreciates Amy's compassionate and conscientious nursing care and looks forward to her leadership in this comprehensive nursing department.

Gina Eslick, LPN, by Norma Hensley

If you haven't experienced Northcrest Health Care you have not had the pleasure of Gina's care. Ten years ago she came to Northcrest as a nurse in Heartwood and the Health Care Center. After two years she became the Resident Care Coordina-

tor and Health Care Center nurse for three years.

For the next six years she was the 10:00 p.m. - 6:00 a.m. floor nurse. She recently returned to the Resident Care Coordinator position and as floor nurse every other weekend days.

Gina graduated nursing school in 1992. She has served the nursing profession for 27 years in Home Health and Long-Term Care.

Gina grew up in Story City where she graduated from Roland Story High School. She and her husband of 27 years, Brad, live in Story City, where Brad is the plant manager for a printing company - where else - Story City. Story City is fortunate!

Gina and Brad have a daughter, Jessica - a DMACC nursing student, sons, Christian, a high school freshman and Hayden, who came into the world at 28 weeks 1 lb 9 oz, is now a healthy, active sixth grader. Christian and Hayden's baseball, wrestling and other "kid" activities serve as Gina's hobbies. Now that she no longer has the nurturing of small children, the family has taken on the pleasure of a Corgi puppy.

Gina, we are happy that the position changes keep you with us in the Northcrest family!

Stacey Trytek, by Norma Hensley



We are welcoming Stacey Trytek, Administrative Assistant, back to Northcrest after a four-year sojourn on a different journey. She has never completely left us, filling in at the front desk and doing the photography for our directory. Her position, in addition to traditional administrative duties, includes print marketing, and fulfilling the IT service needs.

Stacey grew up on Chicago's South Side. She and her husband, Ken, were high school sweethearts, now married 31 years. They graduated from Nazareth Academy and came to Iowa State University where Stacey earned her degree in education with a minor in English. Following their graduation, they moved on to jobs away from Iowa for three years. They quit their jobs and back to Iowa, and Ames, they came.

Stacey was a professional long-term substitute teacher for years before she came to Northcrest in January of 2003, and there her heart remains. She is glad for the positive experience those four years at Ames Lab.

Stacey and Ken have two sons, Kenny and Brandon, both married. Her daughter-in-law, Maggie, is another ray of sunshine on the Northcrest staff. Brandon was married this spring and lives in Rochester, MN. Ken works for the City of Des Moines. Her grandchildren (so far) are "borrowed", two from

Meet Your Staff, con't...

a former exchange student, residing in Germany, and Maggie's five nieces and nephews.

Stacey's "other life" is far from dull. They are a musical family. She has curtailed her DJ activities to special school and charity events once or twice a year. She dabbles as a wedding photographer and we know her as the photographer

who takes our directory photos. Her most recent adventure is cake baking and decorating. That enterprise is Cake-n-Caboodle.

She joins us in our excitement to have her back with us at Northcrest.

Construction Progress June-July, 2019



CELEBRATING CHRISTMAS IN JULY



Our Expansion Project is well under way! It's time to look to the details—artwork, furnishings, specialty equipment—all of the things that make Northcrest attractive, comfortable and enjoyable for the people that choose to call Northcrest HOME.

We have many upcoming opportunities for families, residents, and future residents, to play Santa. Watch your mail for more information regarding benefactor and naming opportunities.

Help Northcrest Go Green!

You can help Northcrest reduce paper use and save postage by having *The Northcrest* delivered directly to your computer! If you would like to receive this newsletter via email, please contact Stacey at strytek@northcrestcommunity.org.



The Northcrest

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.

Editorial committee:

Judy Brooks, Dale Christensen, Phyllis Harris, Norma Hensley, Lorene Hoover, Mim Patterson, John Stanford, and Stacey Trytek, ex-officio.

Additional Contributions by:
Linda Doyle and Wes Shank