

Birthdays:

Sue Graham	May 18	Bev Anderson	June 5		Mary Sunday	June 18
Dorothy Christinson	May 25	Eva Proudfit	June 7		Jan Luebben	June 22
Gladys Booth	May 31	Marie Eisenman	June 8		Ruth Miller	June 22
Mary Henderson	May 31	Esther Steinert	June 8		Richard Watkins	June 22
Ruth Webb	June 1	Bob Anderson	June 9		Loree Rackstraw	June 27
Judy Kuehl	June 4	Susan Johnson	June 12		Clarence Sears	June 29

Chapel: Every Tuesday, at 10:00 a.m. in Carman Center – *Coffee, tea & fellowship preceding Chapel at 9:30 & again at 10:30 following the service. Video tapes/DVD's available from Shane Estes. SERVICE LEADERS:*

May 22nd Rev. Shane Estes, Retired UCC Minister

May 29th Rev. John Reynolds, Minister, Brooklyn Presbyterian

Weekend worship services every Saturday at 11:00 - 11:30 a.m. in the Health Center activity room. Everyone is welcome.

Chaplain Christine Tinker may be reached at 990-9062 - If you would like a visit or would like to talk with me please call me anytime day or night. E-mail address: ctinker@mayflowerhomes.com.

Between the Bookends: *To Kill a Mockingbird* (LP) by Harper Lee is more than a novel about racial tolerance. It is also about compassion for human frailty. Full of wonderful characters - especially children, this is truly an outstanding book.

Fans of Sara Paretsky's mysteries will enjoy *Breakdown* (LP). In another Chicago based encounter V.I. solves a murder. Is it connected to a political campaign or long-ago Nazi activities or both.

A CIA agent's two-year-old child was stolen in the night. Nine years later, Catherine Ling's instincts tell her that her son is still alive but she needs the help of Eve Duncan. With two indomitable women enduring the worst fear any mother can imagine, Iris Johansen's latest thrill ride, *Chasing the Night*, is a testament to a mother's fierce love and devotion.



Welcome new residents
Dick & Betty Weeks to Buckley 207
& Welcome John Marwin to his new
Mayflower home at Montgomery 5

Mann Missive

Mayflower Rides. Mayflower has three vehicles available to transport residents with non-staff drivers: The 12-passenger van, a ramped minivan, and a station wagon. (In addition, we have a second ramp minivan that is used only by designated Mayflower staff drivers.) Subject to availability, the three vehicles can be driven by residents, family, or friends on behalf of residents if the driver has been “checked out” by Mayflower staff. If you seek a ride for a personal event and have your own driver, just call our Health Center and ask for Connie Choate who coordinates this work. The cost for this usage is merely a mileage charge.

For “group rides” to local events, we usually board the 12-passenger van driven by one of two licensed volunteer residents. If there is a driver and space available, residents are welcome to ride. Typically, the event is organized by Lyle Kuehl, who has done the bulk of the driving or Netia Worley, independent living activities coordinator, who has made special arrangements. Announcements are published in *The Informer*.

We could use a couple more volunteer drivers for the 12-passenger van as we have more requests than available drivers. If you are interested in being cleared to drive, contact Netia (236-4757).

Listening Group Issues. The Mayflower resident/staff task force that receives and seeks to resolve resident concerns met most recently on April 26th. Members present were residents, Art Heimann, chair; Marilyn Schuler; Don Pederson; and Deena Wellborn along with staff, Scott Gruhn, Jacki Braack, and Erin Gersdorf.

Here are some issues that were raised and resolved:

- Recycle – Now that we are single-streaming, we have reduced the number of Pearson/Montgomery courtyard containers so that all collection bins now fit inside the wooden screen.
- Buckley Laundry Washers – Due to out-of-balance problems, a replacement washing machine has been ordered and installed.
- Parking on Mayflower Lane (west of the Buckley Courtyard) – To keep this valuable space available for residents and visitors, one “Two-Hour” parking sign has been posted. (If you do not need two hours, please move your car sooner.) Another sign will be posted between the Beebe Circle and the Buckley sidewalk. That area, directly across the lane east of the new Pearson apartment expansions, should be the last space used due to the need for cars to stage there to pick up passengers coming down the Buckley sidewalk.
- Resident Picture Directory Photos – If you are not satisfied with the quality of your photo in the directory, you may submit your own photo to editor, Tom Evans.

Comments and concerns? Keep them coming to members of the task force.

Club 90. This past week, Mayflower celebrated with the 16 new members of our “Club 90,” composed of residents who are 90 years old or older. These folks either turned 90 in the last year or moved to Mayflower in the last year and are at least 90 years. Total Club 90 membership is now 46! The best thing about turning 90? You no longer have to be responsible for your kids!

Bob Mann

Executive Director (bmamm@mayflowerhomes.com)

Between the Bookends continued: The Litigators is a tremendously entertaining romp filled with the kind of courtroom strategies, theatrics, and suspense that have made John Grisham America's favorite storyteller. David Zinc, a young but already burned-out attorney, walks away from his fast-track career at a fancy downtown firm, goes on a serious bender, and finds himself literally at the doorstep of the boutique firm of Finley & Figg. With their new associate on board, F & F is ready to tackle a really big case, a case that could make the partners rich without requiring them to actually practice much law.

SENIOR EDUCATION PROGRAM: There will be **no** SE*ED program on May 21, due to Grinnell College Commencement. Guests are encouraged to attend commencement exercises. Additionally, there will be no SE*ED program on Monday, May 28, in honor of Memorial Day.

The next scheduled program will be held on Monday, June 4. Humanities Iowa speaker David Connon will present, "Iowans Who Fought Against the Union."

PACKARD/MAYFLOWER WEATHER STATION

Gordon and Karen Packard have installed a weather station at Mayflower. The information from this station is available to any interested person on the internet. Gordon outlines the method for receiving the station information as follows:



On you WEB page go to: www.weatherlink.com/user/packard2. You will receive a screen entitled "My Weather" which will summarize the current weather conditions. You can then view a summary of the day's weather (highs, lows, rain, etc.) by clicking on "Summary" in the upper right hand corner of the "My Weather" screen. You can also view the map location by clicking on "Map" in the upper right hand corner of either screen. If you are interested you can view stations all over the world (nearly 9,000) by clicking twice on the word "Map" in the upper right corner of the screen.

Gordon suggests you SAVE the link on your computer WEB page so you can return to it easily at any time in the future.

If you have questions concerning the station or receiving its information feel free to contact Gordon in Edwards 4, or at 236-1086.



Saturday, May 19th, 7:00-9:00 p.m.

Herrick Chapel

*Grinnell College Commencement Choral Concert
Featuring Grinnell Singers and Small Group Ensembles*

Mayflower van will take riders to this event
It is a popular concert and seating goes fast so the
van will leave Beebe Circle & Pearson at 6:00 p.m.



Sunday, May 20th, 5:00 p.m.

Grinnell College - Senior Honors Concert

Mayflower van will leave from Beebe & Pearson at 4:15 p.m.



Monday, May 21st at 3:30 p.m.

Carman Center

*Country and Gospel Music
Sugar & Spice*



Tuesday, May 22 at 2:00 p.m.

Montgomery Lounge

Forum with Pat Monahan
Learning about the Iowa Cremation Society
Last Forum until September



Fridays at 1:00 p.m. in the Game Room

Mayflower Book Club

June 15 - *Horse Soldiers* - by Doug Stanton

July 20 - *Major Pettigrew's Last Stand* - by Helen Simonson

Everyone is Welcome!



Ice Cream Strawberry Festival

Thursday, June 7th

6:30 p.m. - Buckley Courtyard

Homemade Ice Cream & Fresh Strawberries



Help Hull the Strawberries for the Strawberry Festival

Come One-Come All!

Thursday Morning, June 7th in The Anchor, 9:30 a.m.

No Charge!



*60th Wedding Reception for
Vertene & Orlan Mitch*

Buckley Dining Hall, June 10th

2:00-4:00 p.m. - Everyone Welcome!

**Notes
from
Netia**

SATURDAY, 8:00 a.m. May 19th -BREAKFAST BUNCH-Meet in Pearson

EVERY MONDAY, 7:00 p.m. TRIVIAL PURSUIT in Montgomery Lounge

EVERY TUESDAY, 6:00 p.m. TABLE TENNIS in Sports Room, LL HC

EVERY WEDNESDAY, 6:30 p.m. GAME NITE in the Anchor. - Free ice cream

EVERY THURSDAY, 10:00 a.m. TABLE TENNIS in Sports Room. LL of HC

EVERY FRIDAY, 9:30 a.m. KOFFEE & KONVERSATION - Buckley Dining Room

FRIDAY, MAY 25th- WINE & CHEESE - BUCKLEY DINING ROOM - 4:30 p.m.



2012 MRA 2013 "My/Our Shares" - Thanks to the first 51 contributors, we have received \$4,486.-- toward our 2013 goal contributions of \$7,100.00. Keep those checks coming!

Why Thera-Band Exercises?

At our recent Mayflower residents' all-campus Neighborhood Meeting, the question was asked about the long-term benefits of using Thera-Band exercises.

I have composed this response after talking with several key individuals who are educated in the field of exercise, physical therapy, and family and alternative medicine. Residents and volunteer Thera-Band exercise class leaders Gail Greenwald, Judy Kuehl, and Ray Obermiller are passionate about the use of Thera-Bands for strengthening the muscles of our residents' as they age. Thera-Band exercise provides socialization for the residents, while exercising to maintain and/or improve their ability to remain independent with their activities of daily living. Thera-Band is an exercise program that you can do on your own while at home, or with a group and is a great portable option for exercising while traveling.

Jolene McKeag, Physical Therapist at Grinnell Regional Medical Center agreed, that Thera-Band exercises strengthen muscles and, therefore, serve as preventative health. "If you maintain your strength and endurance, your risk for falls and injuries decreases," according to McKeag. Dr. J.R. Paulson supports the use of Thera-Bands and suggests that, "We need to decide that we are going to take control of our health, and Thera-Band exercises are a great place to start." He appreciates the fact that this class is offered at The Mayflower Community, led by our qualified residents.

Is Thera-Band class in your future? Is improving the quality of your life through exercise, strengthening and endurance a goal that you would like to achieve? If so, please contact one of the residents listed above to assist you in improving your quality of life, which is a long-term benefit of using Thera-Bands.

Kellie McGriff, RN/BSN, Director of Home Services

Tuesday & Thursday

11:00 a.m.

Exercise Program in the
Wellness Center.



Theraband Exercise now 6 times a week!

Monday, Beebe Activity Room at 11:00 a.m.
Tuesday, Montgomery Lounge 3:30 p.m.
Wednesday, Beebe Activity Room at 11:00 a.m.
Thursday, Montgomery Lounge at 3:30 p.m.
Friday, Beebe Activity Room at 11:00 a.m.
Buckley Dining Room 3:00 p.m.

The Mayflower Poetry Club: We meet the 2nd and 4th Monday of each month. The next meeting of the Mayflower Poets will be **May 28th at 9:30** in the Game Rm, Buckley 107.

Dean Kayser (Audiologist): Independent residents can make an appointment by calling 236-6676.

Dr. Newman (Podiatrist): Call Myrt at the health center desk (ext. 210) to schedule an appointment with Dr. Newman.

Dr. McKnight (Podiatrist): To make an appointment call Connie 236-6151 ext 219.

Wal-Mart and Grocery Van Trips: The Mayflower van will be making a trip to Wal-Mart, Fareway, McNally's & Hy-Vee each Tuesday at 1:30. Passengers are picked up at Beebe Hall circle drive and Pearson Hall front entrance.

"HI ... HO ... PREPARE FOR THE FAIR!"

The third edition of our great MRA State Fair party, (**Thursday, August 16th**) is open to all Mayflowerites, with a wide range of categories to choose from for entries. All entries in categories #4 - #6 should not have been entered in previous MRA State Fairs

All the local Garden Centers are bursting with veggie plants or your favorite flower variety to plant and "baby along" to claim a Blue Ribbon entry in the competition. Get creative with paint, pencil, or camera and enter the masterpiece that will "catch the judges eye." Exercise those arthritic hands to build, knit or sew a neat Hand Craft, or "dust off" a family treasure for the Heir-loom competition. Put a "special twist" on your favorite recipe and prepare that classic dessert, that after judging, will "top off" Scott's famous "FOOD on a STICK" buffet Dinner.

Prize Categories

- 1) **Vegetables** - Best single or group of vegetables
- 2) **Baking** - Best bar, cookie, cake, pie, or other Dessert (after judging these will be served at our State Fair dinner)
- 3) **Flowers** - Best single flower or floral arrangement of single or mixed variety
- 4) **Hand Crafts** - Best hand-made item ... needle work, quilt, sewing, wood working, etc.
- 5) **Heirloom** - A Family Treasure ... glassware, textile, crystal, etc. (no furniture)
- 6) **Photography or Art Work**-photos, drawing, painting, sculpture, etc.



Remember, **"you can't win if you don't enter,"** so join the fun and "SEE YOU at the FAIR"!

FARMERS MARKET begins May 24th at Central Park. Thursdays from 3:00-6:00 p.m. & Saturdays from 10:00 a.m. to noon.



MUSIC IN THE PARK. Kick off the 2012 season of Music in the Park on May 31 at 5:30 pm in Central Park with **Moss Piglets!**

Neighborhood groups for meals

May 21 Buckley 2nd, Edwards, Harwich Terrace East
May 28 Buckley 3rd, Prairie Pointe, Harwich Terrace Southeast
June 4 Altemeier, Montgomery, Harwich Terrace South
June 11 Buckley 1st, Pearson, Harwich Terrace North
June 18 Buckley 2nd, Edwards, Harwich Terrace East
June 25 Buckley 3rd, Prairie Pointe, Harwich Terrace Southeast



Mayflower Treasure Chest The month of May brings tea parties so we have filled the Treasure Chest with cups, saucers, teapots and demitasse sets from the collections of Phyllis Armstrong and Scott Gruhn. Be sure to check out the display sometime during the month. Fancy hats optional.

On the Podium for May is *The Field Guide Art of Roger Tory Peterson: Eastern Birds*. Check out the names of the new birds you are seeing in your garden.

For Your Information This years Luau will be held on July 18 & 19.

*****BUCKLEY 3rd FLOOR MOVIE at 6:30 p.m - Friday May 18th.***
EVERYONE IS WELCOME!**

Mayflower residents, staff, family and friends who graduated from Grinnell High School. Ron Davis, (Van Davis, Jr.), son of Van Davis who lived in the lower level of Mayflower for many years, has memorabilia for every GHS Sport (1908-present). He will have them on display in the **Health Center Activities area on June 20th from 3:30 - 5:30 p.m.** & at the all-class reunion on Saturday, **July 7th from 10:00 a.m. to 6:00 p.m. in the Community Center gym.** If anyone would like to contribute to this (pictures or articles) he would scan them on his computer at home. Also, Mike Hotchkins is looking for the first time competitively that the diamond at Merrill park was played on. Please contact Ron at 641-990-2598 after 3:00 p.m. or at 12:00 p.m. for more information.