

Birthdays:

Warren Louden	Aug 24	Gloria Clay	Sep 2	Dorothy Inouye	Sep 15
Louise Hunter	Aug 26	Grace Davidson	Sep 2	Gordon Borthwick	Sep 17
Mark Thelin	Aug 29	Charles Ziegenmeyer	Sep 4	Harold Tindall	Sep 23
Grace McKeag	Aug 29	Bob Williams	Sep 7	Shane Estes	Sep 27
Dorothy Pinder	Aug 29	Suzy Raffety	Sep 7	Edie Dawson	Sep 27
Ed Pollak	Sep 1	Janice Kriegel	Sep 8	Roberta Estes	Sep 29
		Sandy Tokle	Sep 11		



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:**

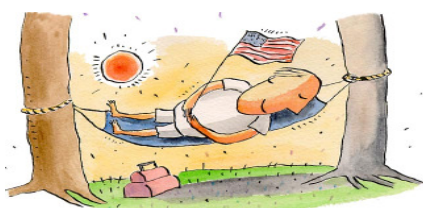
August 28th Nancy Smith, Mayflower resident & Methodist Lay Leader
September 4th Rev. Anne Sunday, Mayflower resident & Semi-retired UCC Clergy

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: *Queen of the Night*, by J.A. Jance (Large Print), is a novel of suspense. The story takes place in the southwest United States and includes Native American folklore in addition to an investigation of a murderous rampage. Some of the story centers on the annual bloom of the Cereus plant.

The Checklist Manifesto, by Atul Gawande, is sub-titled “How to Get Things Right.” Dr. Gawande is a MacArthur Fellow and, among other posts, leads the World Health Organization Safe Surgery Save Lives program. He gives many examples of how using checklists greatly improved outcomes, not just in the medical field. It’s a fascinating book and relates to ones life in many ways.



**PEARSON OFFICE WILL BE CLOSED
 MONDAY, SEPTEMBER 3rd FOR THE
 LABOR DAY HOLIDAY**

Mann Missive

Grinnell College...What a Gift! It just occurred to me that I seldom write in this column about all the things Grinnell College does to enhance Mayflower living. The greater Grinnell community, of course, and The Mayflower Community are so much better because of the existence of the College in this town, especially because of Mayflower's close proximity to the College campus. Hardly a day passes, especially during the school year, when a Mayflower resident is not headed to the campus, often on foot!

There is too much coming our way because of the College to try to capture it in one writing, so I highlight two on-going activities and share a coming opportunity.

On weekdays at 7:30 a.m. the "Mayflower bus" (our 12-passenger van driven by volunteer Lyle Kuehl) shuttles Mayflower residents from campus to the College's new, world-class natatorium for water exercise, swimming, and even a little conversation! Many residents have been doing this for years, since "Pfitsch's Fishes" were founded by former professor and coach, John Pfitsch, who died recently in care in Mayflower's Health Center.

Mayflower residents regularly enroll to audit College courses of all kinds. I have talked to some who are eagerly awaiting the start of classes next Thursday. My understanding is that they receive a brief orientation by the instructor that includes a comment to the effect, "You have much wisdom at your age, so share it with the students...but, remember they are paying for the class and you aren't. So, don't dominate class discussion!"

Here is the upcoming opportunity: Dr. Ann Ellis, Professor of Psychology (and mother-in-law of Mayflower resident, Betty Ann Francis), will be teaching a College psychology course on adult development and aging. She has found that it is very educational to have her students meet and interact with older adults. This fall, she will schedule two of her class sessions on the Mayflower campus.

Ann is inviting Mayflower residents to come interact with the students. The students will be prepared with discussion questions. The Thursday dates and times are October 18th and December 6th, 10:00-10:50 a.m. Ann is calling this time together, "Coffee Break at Mayflower." So, as is the mark of any exciting Mayflower event, beverages and snacks will be available. Please get these dates on your calendars and watch for more details!

Beebe Bathing Room. Would you enjoy a soothing, warm whirlpool bathing experience? There are two ways to get it: Move to Beebe Assisted Living or sign up for Mayflower Home Services! We just remodeled the Beebe bathing room, which now includes warm paints and décor, gentle music, soft lighting, and a towel warmer. No longer do users have to transition from the temperate water to the outside air without being warmed as they dry. In the words of Beebe nursing supervisor, Jes Muller, LPN, "This experience is leaving our residents feeling rejuvenated for the new day or stress-free for more peaceful sleep."

And, I thought a warm shower couldn't be beaten! Stop by and see this upgraded space, next door to the nurses' office on the second floor, west wing of Beebe.

State Fair Party. Thank you, Bob and Dot Anderson! Your leadership led to the most successful "State Fair" party ever on the Mayflower campus. Last week, hundreds of entries in various categories—all the way from the cutest baby picture to delectable baked goods—were judged by Mayflower folks and awarded prizes at the gala celebration and food-on-a-stick event. One of the exciting features was our own "butter giraffe," sculpted by Food Service staff, Derrick Sears and Deb Arment. To all Mayflower residents and staff who entered your crafts and committed your time to yet another enjoyable Mayflower community experience.... Thank you!

Bob Mann

Executive Director (bmenn@mayflowerhomes.com)

Between the Bookends continued: Clive Cussler and Dirk Cussler, ***Black Wind***, (2004) "Intricate plotting and sheer audacity" are current descriptions of Clive Cussler's latest book.

"Black Wind" is a post WWII adventure, with Japanese submarines sent to attack the west coast, with lethal medical science weapons that still can destroy much of the U.S. As always, the NUMA team has to stop the use of such weapons in a rapid fire interventional minute intervention.

Cussler and Cussler are both wonderful story tellers, with great mystery, lots of sea adventure and fascinating characters. I've said it before and it's true. You won't want to put this book down!

"FUN AT THE FAIR" AS RECORDS FALL

The Buckley Big Top was a buzz with action, as the third edition of the Mayflower State Fair set new records for display entries (99) and "Food on a Stick" diners (78), plus Deb & Derrick's great "Butter Giraffe" sculpture. The Silent Auction of Kitchen Kraft goodies (home canned fruits & veggies and fresh baked bread) generated \$123.00 for our "end of the month" Wine & Cheese parties. The event concluded with the "Table Teams" dueling for cheers and laughs in some special carnival competitions. A grand time was had by all.

*CONTEST WINNERS: "Kount the Kernels" - **Elsie Johnston** - 728, actual 782; **Pretty Baby** - **Bob Baumann***

*Flowers: 1st - **Marilyn Schuler**; 2nd - **Warren Loudon**; 3rd - **Betty Anne Francis***

*Vegetables: 1st- **Gail Greenwald**; 2nd - **Annette Barton**; 3rd - **Dot Anderson***

*Baked Goods: 1st - **Mamie McClelland**; 2nd - **Wilma Graden**; 3rd - **Gail Greenwald***

*Handcrafts: 1st - **Dewayne Hentzel**; 2nd - **Miriam Baumann**; 3rd - **Phyllis Goldman***

*Heirlooms: 1st - **Betty Anne Francis**; 2nd - **Ruth Greenwald**; 3rd - **Sue Drake***

*Art: 1st - **Merle Zirkle**; 2nd - **Netia Worley**; 3rd - **Merle Zirkle***

*Photography: 1st - **Dot Anderson**; 2nd - **Roxanne Wozny**; 3rd - **Roxanne Wozny***

Thanks to all for sharing in the FAIR!



Thursday, September 6

Lyceum - 7:30 p.m. in Carman Center

Roger & Lisa Henderson

Vocal Music, Duet & Solo

Classical & Semi-Classical

**This Fall It's
"FRIDAY FLICKS"**



The Film Committee, a sub-committee of the MRA Social Committee, has made two changes to the weekly films in the Kiesel Theater for September – December.

The featured films will all be recent (2011) selections available through our Netflix account, and they will be shown on **Fridays starting at 2:00 p.m.** with the usual amenities of popcorn and soda.

The committee (Rey Evans, Jack Gustafson, Harley Henry, Warren Reinecke and Anne Stillman) hopes this scheduling change will better accommodate our loyal viewers who may wish either to attend the six Metropolitan Opera performances screened at the College on Saturday afternoons and/or follow their favorite college football teams as well as the major league baseball playoffs.

Our series begins on **Friday, September 7** with *The Help* followed in the next weeks by *War Horse*, *The Artist* and *Hugo*.

October selections will be: *Moneyball*, *Descendents*, *Iron Lady* and *Albert Nobbs*. November's schedule will be *My Week With Marilyn*, *The First-Grader*, *A Separation*, *Muppets* and *Bill Cunningham*. December will feature *Beginners*, *Extremely Loud and Incredibly Close*, *Dolphin Tale* and *Monsieur Lazhar*.

In December we'll be asking you for your reactions to our changes in the series and also looking for wishes for another blockbuster film for our New Year's Eve movie.

Friday, September 7: *The Help*: An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African-American maids' point of view on the white families for which they work, and the hardships they go through on a daily basis. Stars Emma Stone, Viola Davis and Octavia Spencer. 146 minutes.

Friday, September 14: *War Horse*: Young Albert enlists to serve in World War I after his beloved horse is sold to the cavalry. Albert's hopeful journey takes him out of England and across Europe as the war rages on. Stars Jeremy Irvine, Emily Watson and David Thewlis. 142 minutes



SATURDAY, 8:00 a.m. August 25th
BREAKFAST BUNCH
 Meet in Pearson

A Second Helping:
The Church Basement Ladies Sequel

The Mayflower Activity department is planning a trip to see this play on **Thursday, August 30 at 3:00 p.m.** Tickets are \$27.00 or \$23.00 if we have a group of 15 or more. Please call Tracy or Chery at 236-6151 ext 231 or ext. 253 by **Monday, August 27** to make your reservations. Limited seating in vans is available or you can carpool. Perhaps a group would like to dine at the Amanas before or after the play. We plan to leave at 1:00 p.m. and return at 6:30 p.m. This is sure to be an afternoon to remember that will leave you laughing.



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

Mayflower Book Club

Next Meeting will be Friday, September 21

The Postcard Killers

by James Patterson & Liza Marklund

Friday, October 19

Either *Beyond the White House* by Jimmy Carter
 or *Everything to Gain* by Jimmy Carter



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 HC

EVERY FRIDAY, 9:30 a.m.

KOFFEE & KONVERSATION - Buckley Dining Room

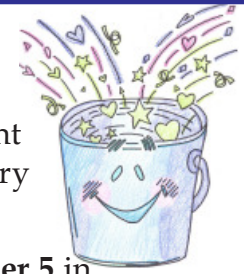


LAST FRIDAY OF EVERY MONTH
WINE & CHEESE PARTY

This month - August 31st at 4:30 p.m.

Buckley Dining Room

A four-session course on the Korean War will lead off the 2012-2013 year of Bucket Courses sponsored by Grinnell's Community Education Council.



The course, titled **"The Korean War: Called the Forgotten War,"** will be taught by Lt. Col. (Ret.) James Ahrens, professor emeritus at Wentworth Military Academy and College in Lexington, Mo.

The course will be offered on four consecutive **Wednesdays starting September 5** in the Caulkins Room of the Drake Community Library. Each class will run from 10 to 11:30 a.m.

Ahrens says the war, which lasted from 1950 to 1953, is often overshadowed by other events in the post-World War II era – the rivalry with the Soviet Union, the space race, Joe McCarthy, increasing prosperity in the U.S. "But those who fought in Korea have never forgotten it," he said.

The course will focus on the world at the beginning of the 1950s, the forces involved in the start of the war, the major engagements of the war and how they affected the outcome, and present-day conditions in Korea.

The final session will involve a presentation by Grinnell resident Cliff Strovers, a Korean War veteran who returned to South Korea several years ago and has photographs comparing war-time Korea with the present-day industrial nation.

Ahrens feels the Korean War has lessons for modern-day America. "I hope to draw implications from the events leading up to the outbreak of the conflict that have a bearing on the issues involved in America's search for an understanding of its place in the contemporary world," he said.

Ahrens, a native of Grinnell and a graduate of Grinnell High School, earned a B.A. degree from Grinnell College in 1962 with a major in history. After graduation, he entered the U. S. Air Force and served on active duty as a radar controller and public affairs officer for 10 years.

His military service continued with 22 years of teaching social science courses to Army ROTC students at Wentworth Military Academy and College.

In 1991 as a Reserve officer, he mobilized and commanded the 418th Civil Affairs Battalion in Saudi Arabia, Iraq and Turkey during Operation Desert Storm. He retired from the Army after 32 years of service. He and his wife, Sue, have lived in Grinnell since 2008.

The class on September 5 will include a celebration of the fifth anniversary of the Community Education Council. Birthday cake will be served.

The Bucket Courses are open to everyone in the community. The fee for Ahrens' course is \$15, payable at the first class.

Registration can be done online with Jim Ahrens at ja.ahrens@hotmail.com, at the Drake Community Library, or at the desk at Pearson Hall at the Mayflower Community. Registrants are encouraged to arrive at 9:30 a.m. on the day of the first class.

The term "Bucket Course" refers to "everything you want to learn before you kick the bucket."

The classes are sponsored by the Community Education Council. Members of the council are Grinnell Regional Medical Center, Grinnell College, Drake Community Library, Grinnell-Newburg School District, Grinnell Area Arts Council, Mayflower Community and Iowa Valley Community College. For more information, contact Joanne Bunge at 236-5321 or jbunge@mayflowermail.net



Our Mayflower bells are ready to ring! If you would like to ring with our bell choir - as a regular or substitute ringer - please talk with Jeanette Tisdale and/or any of our present ringers. We rehearse on Mondays, 1:00 p.m. in the conference room north of Carman Center beginning September 10th. The bells ring for Chapel once a month and other occasions as invited. All you need to participate is fair eyesight and ability to swing a bell without striking your neighbor. (A smile and sense of humor also help.)

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.



Tuesday & Thursday 11:00 a.m.

Exercise Program in the Wellness Center.

The Mayflower Poetry Club: We meet the 2nd and 4th Monday of each month. The next meeting of the Mayflower Poets will be **August 27 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.

Neighborhood groups for meals

- Aug 27 Buckley 3rd, Prairie Pointe, Harwich Terrace Southeast
Sep 3 Altemeier, Montgomery, Harwich Terrace South
Sep 10 Buckley 1st, Pearson, Harwich Terrace North
Sep 17 Buckley 2nd, Edwards, Harwich Terrace East
Sep 24 Buckley 3rd, Prairie Pointe, Harwich Terrace Southeast



Senior Education Program: Nicholas Kuiper, DO, general surgeon at GRMC, will be the featured speaker on **August 27**, to talk about **the growing use of robotics in general surgery**.

The program begins at 10 a.m. in the Caulkins Community Room at the Drake Community Library. The program is free and open to the public. No registration is necessary.

Mayflower Treasure Chest for the month of August is Bob & Jan Williams, Rey & Tom Evans and Kathryn Louden's collection of State Fair memorabilia.

On the Podium for August will be **Great Images of the 20th Century**. Many of these images are quite violent; it was, after all, a pretty violent century.

Recycling & Things -- The recycling efforts here at Mayflower have improved every year as the word gets out to residents old and new.



The Single Stream program has made it easier (no more sorting) and Mayflower Community has begun recycling ALL fluorescent lighting not just the compacts.

Keep your eye out for the hazardous waste disposal date with the city. It should be coming up in September or October. The city doesn't have a date yet, but they post it in the Grinnell Herald and the Pennysaver. You can dispose of varnishes, oil based paint, stains, and any petroleum based products at no charge.

Keep up the good work and as always, if you have any questions, drop me an e-mail or give me a call. I'll do what I can to find an answer.

Erin Gersdorf & the Green Team --- 236-6151 ext. 223 or egersdorf@mayflowerhomes.com