

Virginia Thelin	Jan 23	Opal Barns	Feb 9	Addy Hanson	Feb 19
Irene Ranfeld	Jan 26	Joann Orr	Feb 10	George Kolodziej	Feb 22
Lorene Morrison	Jan 27	Gordon Packard	Feb 15	Leo Lease	Feb 24
Anne Sunday	Jan 29	Elaine Noe	Feb 16	George Drake	Feb 25
Horace Hegg	Feb 1	Bill Tinker	Feb 16	Catherine Rod	Feb 26
Mary Long	Feb 5	Gretchen Isenberg	Feb 16	Larry Gorsuch	Feb 27
Irene Engelmann	Feb 5	Don Pederson	Feb 17	Ruth Halblom	Feb 27

**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:*



**January 26**

**Jack Mutti, Mayflower Resident**

**February 2**

**Tom Moore, Grinnell College Math Professor**

**Spiritual Care Coordinator Christine Tinker** is available 10:00 a.m. - 5:00 p.m. daily and as needed on weekends. Christine takes Wednesday off and emergencies are covered by Len Eberhart. She is available by phone 641-990-9062 and appointments may be made at times other than her regular schedule.

**Chaplain Len Eberhart** is at Beebe Tuesdays and Wednesdays and available by phone 641-990-3861. Len's ministry is primarily with the Beebe residents.

**Health Center Worship Service** - Sundays at 10:00 a.m. in the Health Center Dining Room.

**Between the Bookends:** The Son is a Texas-sized novel full of blood, guns, and horses. It covers--non-chronologically--the history of the Lone Star state from the early 1800's to the mid-20th century. The three main characters are Eli the patriarch, a ruthless, successful cattle baron; his son Peters, a man of conscience who tries to stand up for the Mexicans his father has swindled; and Jeanne Ann, Peter's granddaughter, a strong and powerful business woman who cannot achieve domestic happiness. Sometimes beautiful, often harsh and sad, this book does not make its readers want to ride the western range

**New Acquisitions:**

*On the Run* by Alice Goffman

*All Dressed In White* by Mary Higgins Clark, Large Print



**Beginning on Monday, January 25**

**the new Pearson Office hours will be 8:00 a.m. to 4:30 p.m.**



## Mann Missive

**My Health.** As I shared last week in an All-Campus Neighborhood meeting, I have been diagnosed with Stage III metastasized cancer in a lymph node tumor. This designation results from the fact that the cancer has traveled from the primary source (“Stage II”) in my contiguous tonsil and because it has grown or “metastasized” (Stage III).

I share this news, not to seek notoriety, but because I have a senior leadership role with the organization that sponsors this newsletter, and I am responsible to you. To the extent possible, it has always been my philosophy to share information so that people don’t have to guess and fill in the blanks. There is no need, on my part, to be secretive about this development. In fact, I want it talked about so that anyone affected can get the answers she/he needs to determine if it impacts her/him.

Today, I have surgery in Des Moines to insert a blood-vein port in my chest through which the chemicals treating the cancer will be “infused.” In addition, I am having a G-tube (feeding tube) inserted in my stomach.

The purpose of the latter step is to provide sustenance when after a few weeks of radiation to my throat, it will likely be so burnt and raw that I will not be able to eat. As my oncologist said, “This step is taken for nutrition purposes to keep you out of the hospital.”

The chemo/radiation treatments will take place in Des Moines over a seven-week period. My oncologist predicts that when the last of the radiation has been completed, it will be three to five weeks before I am back to par.

Therefore, with the doctors’ guidance, I am assuming this schedule:

- First chemo and radiation - Either January 28<sup>th</sup> or February 1<sup>st</sup>. (Other than first day, I should be able to drive myself between Grinnell and Des Moines.)

- Radiation continues - Seven weeks
- Second chemo - Week of February 8<sup>th</sup> or 15<sup>th</sup> (No driving from this point until radiation is completed. I am planning on staying with my Urbandale daughter’s family for at least two weeks)
- Completion of radiation - Week of March 7<sup>th</sup> or 14<sup>th</sup>.
- Fully recovered and back bugging people - Early to mid-April

During my absence, day-to-day operations of Mayflower will be the responsibility—just as it always has been—of Ed Poush, healthcare; Jack Morrison, facilities and technology; Scott Gruhn, food service and housekeeping/laundry; Pam Vosburg, financial operations and Pearson office. Former Trustee and Grinnell resident, Steve Langerud, will be available to provide them support in specific situations.

Kevin Kolbe, realtor with Ramsey-Weeks, Inc. will handle Watertown Square apartment and Harwich Terrace patio home sales. Doug Lockin, planned giving consultant, will handle gift-making and information. George Drake, president of Mayflower’s Board of Trustees will provide senior management support when necessary. Other Trustees may provide other services.

During February and March, I will be, at least, irregular with this column and possibly absent all together.

I look forward to coming out on the other side of this thing and reconnecting with you. Your support for each other and, especially, our staff during the interim will be very much appreciated.

Bob Mann

Executive Director

[bmann@mayflowerhomes.com](mailto:bmann@mayflowerhomes.com)

Include Mayflower in your will with a call to your attorney.



### *Comings and Goings from the Mayflower Library . . .*

Just a reminder that as this new year starts we all need to see that we return books to the library table when we are finished with them. That goes for the DVD's that we have been watching also. Those are returned to the cases on second floor Buckley. The library here will gladly accept any of your personal books that you wish to part with. Those may be left in the MRA Conference room in Pearson or left on the table in the Pearson lounge. You may also give them to me. Any books that are added to the library need to be processed by the committee.

Check out the shelf beneath the fiction section on the north book case in Pearson. It is our new "Last Chance" section. These books will be circulated out of our collection in the middle of February, so this will be your "Last Chance" to read them. *Robin Estes, Library Committee*

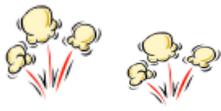
## **VANDALISM**

### *It's Hard to Believe it Could Happen Here . . .*

There are two table tennis tables in the Sports Room in the lower level of the Health Center. The area is walled off with screens made of materials donated by residents who play table tennis here. They are not brick and mortar, but are made with PVC pipe and plastic sheeting, and need to be treated gently. Someone has not been treating them gently but has broken some of the PVC and ripped the plastic so that the walls will not stand on their own. There is also other evidence of mistreatment of the room.

The room is locked, so whoever is causing the damage is being let in by a member of the Mayflower Community. Whoever is allowing this vandalism, Please take note! Please take appropriate action to end this senseless destroying of Mayflower property.

*Netia Worley, Mayflower resident*



# NOW SHOWING



**Mayflower Matinee Movies at 2:00 p.m. in Kiesel Theater**

**Saturday, January 23 - Inside Out (Animated)** - After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house, and school. Starring the voices of Amy Poehler, Mindy Kaling & Diane Lane. Rated PG - 95 Minutes - Animation/Adventure/Comedy.

**Saturday, January 30 - Danny Collins** - Inspired by a true story, Al Pacino stars as aging 1970s rocker Danny Collins, who can't give up his hard-living ways. But when his manager (Christopher Plummer) uncovers a 40 year-old undelivered letter written to him by John Lennon, he decides to change course and embarks on a heartfelt journey to rediscover his family, find true love and begin a second act. Starring Al Pacino, Annette Bening & Jennifer Garner. Rated R for language, drug use & some nudity. 106 Minutes - Comedy/Drama/Music.



**Time to Celebrate! - A Celebration and Dedication of Remodeling - South Village Gathering Room Friday, January 22 at 1:30-2:00 p.m.** Generous charitable support from a Mayflower resident provided funds to refresh and improve the Gathering Room in South Village. Please join in a celebration of this generosity and dedication of the facility to the continuation of outstanding care for South Village residents. Refreshments will be served!

**Dennis Perry will bring a variety of music** to the Carman Center on Friday, **January 22<sup>nd</sup> at 3:30 p.m.** Everyone is Welcome! 

**Great Courses** on Friday, January 22 in Kiesel Theater at 7:00 p.m.

**Mayflower Community Drum Circle** on Monday, January 25 at 2:00 p.m. in the Carman Center. Let's drum away the post-holiday blahs! Come drum with us. 

**The Forum** on Tuesday, January 26 at 2:00 p.m. in Kiesel Theater will be **Monique Shore** presenting a program on the Poweshiek County Preservation Project.

Paul Davis will be performing Country Music in the Carman Center at 3:30 p.m. on **Wednesday, January 27**. Everyone is welcome to attend! 🎵

Lyceum on Thursday, January 28 at 7:00 p.m. in the Carman Center will be the Music of Pete Seeger & Others. 🎵

Book Club will be in Game Room at 1:00 p.m.

**Friday, February 19** - *The New Jim Crow* by Michele Alexander

**Friday, March 18** - *My Brilliant Friend* by Elena Ferrante



## Documentary & Discussion Series

### Learning through Documentary & Discussion

February - April 2016

Third Tuesday at 6:00 p.m. in Kiesel Theater



#### Tuesday, February 16 - Trans

Trans is an extraordinary documentary feature about men and women, and all the variations in between. It is about the Transgender Community, perhaps the most misunderstood and mistreated minority in America and around the world. (93 Minutes)

*Join us for supper in the Bistro*  
4:30 - 5:00 p.m

#### Tuesday, March 15 - Country School: One Room-One Nation

More than just nostalgia, "Country School" also delves into the dark side of the one-room school experience and dispels the myths behind the revered institution that helped bind a young nation together. (75 Minutes)

#### Tuesday, April 19 - Alive Inside: A Story of Music & Memory

This moving documentary follows social worker Dan Cohen as he uses music to unlock memory in nursing-home patients with Alzheimer's disease. (78 Minutes)

**Saturday Night Pizza & Story Circle**  
**January 30 at 5:00 p.m. - Buckley Dining Room**



AND



Pizza, Salad, Drinks, Cookie

Sign-up sheets available in Pearson & Buckley Lounges

Or call 236-6151, ext. 216 - \$6.00

Share a "Ten-Minute Tale" about any New Beginning or Just Listen!

In later life, we are a collage of our stories - whom we've known, where we've been, what we've experienced, why we've made our choices, how events have influenced us - the lists are considerable.

Several years ago a group formed for the purpose of providing a forum for telling our stories. These sessions usually coincide with the four seasons of the year and are called Story Circles. To encourage people to think about their own stories, topics are announced and well publicized ahead of time. To permit as many stories as we can during these hour-plus sessions, we ask tellers to relate their yarns within ten minutes, what has become known as a "Ten Minute Tale."

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**Are you a Medicare patient living with  
Diabetes or know someone who is?**

Everyone with Diabetes Counts can help you or your loved one live a healthier life. This program offers free diabetes education classes. You will learn about:

- How to control your blood sugar levels
- Low cost healthy meals
- Becoming more active
- How to manage medications
- Answers to your questions and support for your concerns

**Diabetes Empowerment**

**Diabetes Empowerment Program - 6 Weekly Classes**

**Led by Certified Instructors**

**February 4 - March 10 on Thursdays, 1:00 - 2:30 p.m.**

**Mayflower Montgomery Lounge**

To Register Contact Anne Sunday at

Email: [annesunday624@gmail.com](mailto:annesunday624@gmail.com),

Cell Phone: 319-290-9171 - Class Size limited to 12

Anyone diagnosed with diabetes or pre-diabetes,  
and a family member are welcome to attend!



Everyone with Diabetes Counts

## MAYFLOWER BELL CHOIR



Next is Monday, January 25 at 1:00 p.m. Health Center Conference Rm

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### WEEKLY WALKING GROUP WITH GEORGIA

Meet at the Obermiller Center on Monday & Thursday mornings at 8:30 a.m.



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**EVERY MONDAY - 2:00 p.m.** TABLE TENNIS in Sports Room. LL HC - men's  
**\*\*EVERY MONDAY - 4:00 p.m.** TABLE TENNIS in Sports Room. LL HC - women's\*\*  
**EVERY WEDNESDAY- 4:00 p.m.** TABLE TENNIS in Sports Room. LL HC -women's  
**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 - mixed  
**EVERY FRIDAY, 9:30 a.m.** -KOFFEE & KONVERSATION-Buckley Dining Room

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### Theraband Exercise 5 times a week!



Monday, Beebe Activity Room at 11:00 a.m.  
Tuesday, Montgomery Lounge at 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.

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**Chiropractor, Jennifer Rayburn D.C., of Healing Hands Chiropractic,** will be limiting her scheduled visits to the Health Center Exam Room to once a month, every first Friday. Please call Myrt at ext. 210 to make an appointment, or call Dr. Rayburn's office at 236-0309 and let her know you would like to see her here at the Mayflower.

**The Mayflower Poetry Club:** The Poetry Club meets on the 2nd Monday of the month. The next meeting will be **February 8** at 2:15 in the Bistro.

**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 Wednesday at 1:30.

## NEW NEIGHBORHOOD GROUPINGS FOR 2016

**January 25** Buckley 1st, Harwich Terrace Southeast

**February 1** Montgomery, Buckley 3rd, Harwich Terrace North

**February 8** Edwards, Buckley 2nd, Watertower 2nd & 3rd,  
Harwich Terrace East

**February 15** Pearson, Watertower 1st, Altemeier, Harwich Terrace South

**February 22** Buckley 1st, Harwich Terrace Southeast

**Breakfast Bunch** - Saturday, 8:00 a.m. January 23 - Meet in Pearson

### Dine Out on Sunday Nights - Van leaves at 5:30 p.m.

January 24 - Pagliai's - 18% gratuity added to individual checks

January 31 - Casa Margaritas

Join us for good food and good fellowship!



**Wine & Cheese in Buckley Dining Room at 4:30 on Friday, January 29**

### Thank You:

Thank you to all my Mayflower friends for coming to my retirement party and for all the cards, well wishes and gifts. It's been my honor to work in the Receptionist position for over 13 years and get to know all the wonderful residents. Now I'll be working behind the scenes doing the Informer and Calendar and I hope to see all of you around soon.

*Rhonda Whitehead*

Mike and Cathy Shutts wish to express their appreciation to the Des Moines Register customers for the many cards, gifts and other acts of kindness extended to them at Christmas and throughout the year. 2015 marked 30 years of Des Moines Register delivery service to the residents of Mayflower and the surrounding area by members of our family. Happy New Year!

**Mayflower Treasure Chest** for the month of January is Kenny Steffan's John Deere Toy collection. Come check out this amazing display.