

Howard Raffety Jan 10
Jan Peak Jan 14
Charleen Foster Jan 14
Esther VanWyk Jan 20



Virginia Thelin Jan 23
Irene Ranfeld Jan 26
Lorene Morrison Jan 27
Anne Sunday Jan 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:**



January 12

Marilyn Schuler, Mayflower Resident

January 19

Rabbi Rob Cabelli, Grinnell College

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: *Illuminating The Word: The Making of the St. John's Bible* by Christopher Calderhead. This book is by a man who is known worldwide for making one book: an illustrated (or perhaps an illuminated) book we all know -- The Bible. Known as the St. John's Bible because it was made at St. John's Abbey and University, and this book describes everything that went into it - using the Benedictine way of reading about the Christian faith.

This book should really be on our picture book table. But it is more than that. It is for reading and exploring the how of making holy books. Call it what you want -- for reading and ... perhaps for meandering. You won't read this cover to cover. You may find most enjoyment in taking a walk through it, and stopping often along the way.

Time was, baker Lizzy Tucker didn't have to deal with anything darker than the chocolate ganache on her cupcakes. Then the surfer-blond Diesel entered her life, along with Wulf Grimoire. They're after the ancient Salgia stones, which hold the power of the seven deadly sins. Lizzy and Diesel have already found the 'gluttony' and 'lust' stones. Now they're searching for "greed." *Wicked Charms* by Janet Evanovich and Phoef Sutton is this novel.

New Acquisitions

Mysteries of the Middle Ages by Thomas Cahill - Historical
Sinatra by Darwin Porter & Danforth Prince - Biography



Mann Missive

Retired But Still Publishing. As of January 8th, Rhonda Whitehead officially retired after serving as Mayflower's receptionist for 13 years. "Officially" because she is still here...sort of. Rhonda will continue to publish our bi-weekly *Informer* newsletter and, on off weeks, our calendar.

Soon you will see Rhonda's replacement at the Pearson office front desk. When you meet her, please introduce yourself and explain where you live (or whose family member you are).

Rhonda won't get too far. Not only will she be here periodically to do the *Informer* and calendar work, but she is one of us. Rhonda became a Mayflower resident last June with the purchase of a Harwich Terrace patio home. So, when you see her, you can assume the big smile is the result of a)being retired, b)still working on her beloved newsletter, and c)being a Mayflower resident. Does it get any better?!

New Residents. Say, "Welcome!" to the following:

- John Sadler from Harwich Terrace home to Buckley #301
- Debi Olson from Grinnell to Watertower Square #107
- Dorothy Williams from Urbana, Illinois to Watertower Square #301
- Jack & Walda Gustafson from Mayflower Harwich Terrace home to Watertower Square #205

New Medical Director. By federal and state law, Mayflower is required to contract with a licensed medical doctor to serve as our Medical Director for advisory services to our healthcare operations (Health Center, South Village, Beebe Assisted Living). Since this regulation went into effect 23 years ago, our

only Medical Director has been Jerome Wehr, M.D. Jerry will be moving to Tampa, Florida to join his wife who took a medical practitioner position there in October.

As a result, we have contracted with Brian Heineman, D.O., to serve as our new Medical Director. A well-known Grinnell citizen because of his civic involvement as well as his regular presence at Grinnell Regional Medical Center, Dr. Heinemann maintains a family medical practice in Brooklyn. We are overjoyed that an outstanding medical professional will be followed by another of the same ilk.

Mini Gift Shop Keeps on Giving. At the January 18th MRA Quarterly Town Meeting, the annual grants made by the MRA retail shop keepers will be announced. Listen carefully, for the one dedicated to Mayflower's Human Needs Endowment Fund (giving in perpetude for those whose funds have been depleted). This group of residents, serving as volunteers (giving), operate the shop located in the lower level of the Pearson building. They accept personal items donated (more giving) by friends of Mayflower and display them for sale. Very happy shoppers purchase (some more giving). And, now a significant portion of the profits are being given to the endowment fund, as has been the custom over the years. THANK YOU, to all of you givers.

Beebe First Floor Remodeling. Watch for more detail. We can share with you that donors have now contributed a very significant portion of the \$60,000 budget for a complete facelift for the first-floor Beebe building common areas and the assisted living dining room. Once again, THANK YOU!

Bob Mann, Executive Director
(bmann@mayflowerhomes.com)

All aboard the Mayflower Express

January 21, 2016

*Come join the fun of a Railroad
style dinner of days gone by!*



Social with Appetizer - Soup and Salad Course

Choice of :

Beef Wellington or Chicken Brochette

Served with Lyonnaise Potato and Julienne Vegetable

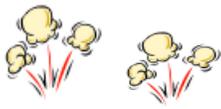
Molten Lava Cake

Social Begins at 5:00 p.m. with Dinner at 5:30 p.m.

In Buckley Dining Room - Cost \$10.00

Reservations required by Monday, January 18

236-6151 ext. 216



NOW SHOWING



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

Saturday, January 9 - Big Eyes (based on a true story) A drama about the awakening of the painter Margaret Keane, her phenomenal success in the 1950s, and the subsequent legal difficulties she had with her husband, who claimed credit for her works in the 1960s. Starring Amy Adams, Christoph Waltz & Danny Huston. Rated PG-13 for thematic elements & brief strong language. 106 Minutes - Biography/Crime/Drama/Romance.

Saturday, January 16 - Before I Go To Sleep - A woman wakes up every day, remembering nothing as a result of a traumatic accident in her past. One day, new terrifying truths emerge that force her to question everyone around her. Starring Nicole Kidman, Colin Firth & Mark Strong. Rated R for some brutal violence & language. 92 Minutes - Drama/Mystery/Thriller.

Great Courses on Friday, January 8 in Kiesel Theater at 7:00 p.m.

The Forum on Tuesday, January 12 at 2:00 p.m. in Kiesel Theater will be **Dustin Smith**, new member of the Grinnell Board of Education.



All Campus Neighborhood Meeting in Carman Center

Tuesday, January 12 at 3:30 p.m.

The subject of discussion will be health info update!

The Annual Meeting of the Mayflower Residents Association (MRA) will be held on **Monday, January 18th**. We gather in Carman Center at 2:00 p.m. to review our past year, install officers, get updated by Bob Mann and enjoy fellowship together.

Please remember to wear your NAME TAG. We have many new residents and name tags are helpful in getting acquainted. And you might be otherwise rewarded by wearing one. *John Noer, President, MRA*

Lyceum on Thursday, January 14 at 7:00 p.m. in the Carman Center will be Eric Jarvis & Katie Seheenin with Folk Music.

Book Club will be in Game Room at 1:00 p.m. Friday, January 15

Clementine: The Life of Mrs. Winston Churchill by Sonia Purnel

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



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

Documentary & Discussion Series

Learning through Documentary & Discussion

January - April 2016

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



Tuesday, January 19

River to River: Iowa's Forgotten Highway Six

What do Bonnie & Clyde, Jesse James, Nancy Drew and Jack Kerouac have in common. U.S. Route 6 in Iowa takes two-lane motorists from Davenport on the Mississippi. Built in one day by 10,000 farmers and businesses across the state, Iowa's Route 6 is part of the second longest transcontinental highway in America. River to River: Iowa's Forgotten Highway 6 guides viewers on a nostalgic classic car journey through yesterday's soda shops, filling stations, general stores, drive-ins, and roadside attractions. Experience the sights and sounds, the people and the places that the four-lanes have forgotten...before they are gone forever.

River to River is a documentary from award-winning filmmakers Kelly & Tammy Rundles inspired by the Highway 6 research and photography of David W. Darby. (90 Minutes) *Join us for supper in the Bistro 4:30 - 5:00 p.m.*

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)

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."

**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,

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 11 at 1:00 p.m. Health Center Conference Room

WEEKLY WALKING GROUP WITH GEORGIA

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



EVERY MONDAY - 2:00 p.m. TABLE TENNIS in Sports Room. LL HC - men'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

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.

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 **January 11** 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 Tuesday at 1:30.

NEW NEIGHBORHOOD GROUPINGS FOR 2016

January 11 Edwards, Buckley 2nd, Watertower 2nd & 3rd,
Harwich Terrace East

January 18 Pearson, Watertower 1st, Altemeier,
Harwich Terrace South

January 25 Buckley 1st, Harwich Terrace Southeast

Breakfast Bunch - Saturday, 8:00 a.m. January 9 - Meet in Pearson

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

January 10 - Pizza Ranch

January 17 - Chuong Garden

January 24 - Pagliai's

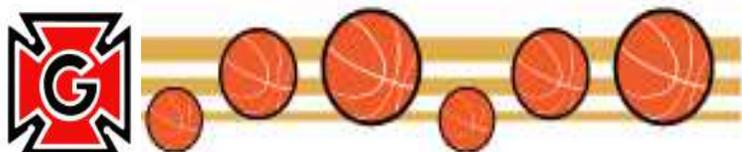
January 31 - Casa Margaritas



Join us for good food and good fellowship!

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

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



**Mayflower Van to Grinnell College
Men's Basketball Games:**

Tuesday, January 12 - Knox College

Wednesday, January 20 - Cornell College

Pickup at Beebe & Pearson Circle at 5:00 p.m.

