

Velna Kolodziej May 14  
Marilyn Schuler May 15  
Beverly Rankin May 16  
Jim Ahrens May 16

Bill Arms May 17



Joanne Bunge May 17  
Carolyn Runyan May 17  
Kathleen Herman May 22  
Dorothy Christinson May 25

**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 17



Rev. David Brandt, Immanuel Lutheran Church

May 24

M.J. Zimmerman, Mayflower Resident

**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 Summer Before the War* by Helen Simonsson. It is the summer of 1914 in the small coastal town of Rye, England. Hugh Grange, a medical student and his cousin Daniel Bookham, an aspiring poet have come to spend the summer with their Aunt Agatha and Uncle John. Arriving at the same time is a young teacher, Beatrice Nash, left penniless by the recent death of her father, and now hired to be the first female Latin teacher at the local school. It is her first job, and while she is apprehensive, she is also smart and determined to make her way on her own.

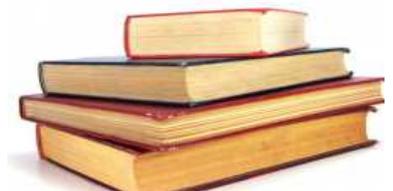
This story is filled with colorful characters, from the rowdy students to the local blacksmith but as the days go by, England creeps closer to war. World War I brings an abrupt halt to the routine life of the village and changes come to everyone's lives.

This is the second novel from Helen Simonsson who also wrote *Major Pettigrew's Last Stand*. You will enjoy her interesting characters, witty dialog, and historical authenticity.

**New Acquisitions:**

*Find Her* by Lisa Gardner - Large Print

*Dashing Through the Snow* by Debbie Macomber



## Special Mann Missive

I am calling this column a “Special Mann Missive” because it breaks the rules of good journalism and Mayflower humility. The column is all about ME!

Sorry about that. I have written over 300 columns for this space since early 2007. Generally, they have been about residents and happenings on the Mayflower campus. But...I have been out of commission since February 2<sup>nd</sup> when I started chemo and radiation treatment for a cancerous tumor in my lymph node and one in the adjoining tonsil.

So, “me” is what I know most about right now. In addition, I have received numerous cards and notes asking me about my health status. Until the effects of the seven-week chemo and radiation program got the best of me, I continued to write a couple nondescript columns.

Now, I am just sticking my head out on the other side. Actually, I probably should say “sticking my tongue out” on the other side. I am in the process of doing tongue and throat exercises along with eating a variety of soft (blah-tasting) foods to again teach my mouth how to swallow. I had not swallowed solid foods between early February and late April.

At the start, the lead oncologist on my team said, “This is a very tough cancer.” I responded by asking if that meant it is a tough cancer to kill. “No, we’ll get the cancer,” he said. “The side effects are terrible.” I now wholeheartedly agree with him. This journey has been very hard.

I spent a good share of time in bed sleeping on my side to help with throat drainage, not to mention a five-day hospital stay dealing with nausea and dehydration. I went over two months without being able to swallow liquid or solid foods. The chemo and pain meds have made my mind fuzzy to match the haircut I got to deal with the loss of hair. (As it turns out, the hair loss was minimal.)

On my side have been the radiation and chemo oncologists, my ENT, an oncologist dietitian, an oncologist nurse specialist, a speech therapist, and numerous infusion lab nurses. I have been part of a mouth and throat cancer support group.

All the professionals and veterans have been trying to tell me that the recovery from chemo/radiation treatment can be as difficult and last longer than the treatments. I now believe them.

At this point, I am swallowing liquids mechanically, meaning I have to take a drink, bow my head, and concentrate on moving the drink to the back of my tongue and down my throat. I can eat small quantities of soft foods with the same process. I do not have an appetite and have found nothing yet that has an acceptable, much less “good,” taste.

Until I can take in 2,000+ calories a day, I am tethered to my external food pump. Fortunately, it all works out of a backpack, which provides me some mobility. Likely, when you see me next I will be accompanied by the backpack, so ask all the questions you’d like.

This extended period of inactivity has cost me considerable muscle mass (some of which went with my 16 pound weight loss) and stamina. I will soon be living back in Grinnell and coming to work part-time.

Thank you for all your cards and notes of support, caring, and prayer affirmation. Surely, it made a difference as this ordeal has been bearable....barely. I look forward to reconnecting with you.

Bob Mann

Executive Director

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

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

MAYFLOWER'S

# FORUM

## Colorectal Cancer Awareness

Tuesday, May 24 at 2:00 p.m.  
Kiesel Theater

### TRUE *or* FALSE?

Colorectal cancer is the 2nd leading cancer killer.  TRUE  FALSE

Both men and women get colorectal cancer.  TRUE  FALSE

Colorectal cancer often starts with no symptoms.  TRUE  FALSE

Screening helps prevent colorectal cancer.  TRUE  FALSE

### *Preventable, Treatable, Beatable*

You could be sitting on the most important  
discovery of your life. Colon polyps!

Free screening kits to attendees of the presentation on  
colorectal cancer awareness. Early detection saves lives.

## Senior Education Program

The SE\*ED program on Monday, May 16 will be "Wellness Wednesday/Wellness at the Market" - Americorp's summer reading initiative. The program begins at 10:00 a.m. in the Caulkins Community Room at Drake Community Library. There is no cost or registration required to attend. All are welcome. Refreshments are served beginning at 9:30 a.m. No SE\*ED Program on May 23 because of Grinnell College Commencement.

### Music on Wednesday, May 18 at 1:30 p.m. in the Carman Center

The Central Iowa Christian School

Veteran's Program "Amerkids" led by Music Director Mary Fopma

Everyone is welcome to attend!



Lyceum in Carman Center at 7:00 p.m.

Thursday, May 19

Too Many String Band

Last Lyceum until the Fall!

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



Friday, May 20 - *My Name is Lucy Barton* by Elizabeth Strout

Friday, June 17 - *Me Before You* by Jojo Moyes

**DON'T MISS OUT! Sign up NOW!**

*Bring Your Family & Friends*

Mayflower Community Bus Trip to Dubuque, IA & Galena, IL  
June 25-26, 2016

Your two-day trip to Dubuque, IA and Galena, IL includes: Transportation aboard a Hawkeye Stages luxury motorcoach, admission to the attractions and events, lodging for 1 night with hotel breakfast, dinner cruise, taxes & gratuities.

Reservation/Payment Deadline: June 5. Mayflower box lunch on Saturday \$7.00 on your monthly invoice. Make checks payable to Legacy Tours and give to Anne Sunday. Sign up sheet in Pearson Lobby. Cost per person: Double \$379/Single \$439/Triple \$359/Quad \$349.



**MEXICAN  
AND  
MARGARITAS**

**THURSDAY, MAY 19TH**

**5:00 P.M. SOCIAL**

**5:30 P.M.  
MEXICAN BUFFETT**

**BUCKLEY DINING ROOM**

**RSVP BY TUESDAY, MAY 16  
236-6151 EXT 216**

**COST - \$10**



# Ice Cream Dessert Night!

Tuesday, June 7 at 6:00 p.m.

Buckley Dining Room

AND



## Story Circle!

Theme for 10 Minute Tales  
A Summer Adventure

MC - Orlan Mitchell

For Reservations Call  
236-6151 Ext 216 by Friday, June 3

Or Sign up at Buckley 2nd Lobby  
or Pearson Lobby

Cost \$3.00



## MAYFLOWER BELL CHOIR



Next is Monday, May 16 at 1:00 p.m. Health Center Conference Rm



During **Broad Street Construction** - Grocery Shoppers pick ups (family, People Rides Bus, Deliveries, etc.) All will use the South door to Broad at Mayflower Lane/Beebe Circle. You can still wait in the Pearson Lobby and the driver of our van will come to get you.



## 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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**The Mayflower Poetry Club:** The Poetry Club meets on the 2nd Monday of the month. The next meeting will be **June 13** 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.

## NEIGHBORHOOD GROUPINGS

May 16 Pearson, Watertower 1st, Altemeier, Harwich Terrace South

May 23 Buckley 1st, Harwich Terrace Southeast

June 6 Montgomery, Buckley 3rd, Harwich Terrace North

June 13 Edwards, Buckley 2nd, Watertower 2nd & 3rd,  
Harwich Terrace East

June 20 Pearson, Watertower 1st, Altemeier, Harwich Terrace South

June 27 Buckley 1st, Harwich Terrace Southeast



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**Scott is asking residents to kindly not arrive early at large social events in the Buckley Dining Room. If we wait to arrive until the appointed time, that gives the dining services staff time to finish their preparations without interruption in a timely manner. Thank you!**  
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**Breakfast Bunch** - Saturday, 8:00 a.m. May 14 - Meet in Pearson

### Dine Out on Sunday Nights

Sunday Dine Out has a new time. We will be leaving at 5:00 p.m.

The schedule will be:

May 15 – Chuong Garden

May 22 - La Casa de Pancho

May 29 - Pagliai's



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**Help yourself to fresh rhubarb at 1612 - 10th Avenue Place. Rhubarb patch (24 crowns) is behind the house, by the garden shed. Pick some for your neighbor too. See Ed Poush if you have questions.**  
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***STOP*** at Mayflower's Mini Gift Shop - 6 days a week

***SHOP*** for gifts, cards, necessities and collectors' items

***DROP*** no longer needed, gently used items for resale