Happy Birthday!

Dick Weeks	June 1	Marie Eisenman	June 8	Jan Luebben	June 22
Joy Weeks	June 1	Bob Anderson	June 9	Trudy Wehrle	June 25
Suzanne Schwengels	June 3	Ed Phillips	June 9	Betty Thompson	June 25
Bev Anderson	June 5	Mary Margaret Ashby	June 10	Gretchen Hegg	June 26
Bob Grey	June 6	Lester Thompson	June 21	Loree Rackstraw	June 27
Eva Proudfit	June 7			Luther Erickson	June 30

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 31 **Brenda McDonald, United Church of Christ**
June 7 **Marc Chamberland, 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: ***Death Of A Nurse*** is M.C. Beaton's latest mystery about Scotland's brilliant but unambitious policeman, Sergeant Hamish Macbeth. Four days after the gorgeous private nurse, Gloria Dainty, fails to show up for dinner with Hamish, her body washes up on the beach. Hamish must find out who killed Gloria while battling his enemy and detractor, Chief Detective Superintendent Blair. This book is an entertaining mystery with wonderful descriptions of the Scottish Highlands.

The Obsession by Nora Roberts does not disappoint any who are devoted readers of the most prolific Ms. Roberts. Her descriptions of scenery are as vivid as the stories she artfully weaves. In this recent novel, the main character, Naomi experiences tragedy as a twelve year old. Family members remove her from the situation and give her a new life in a caring atmosphere. Naomi completes college, becoming a successful photographer. However, a few years pass and events conspire to lead her back into her past, where she confronts some necessary issues. And, of course, romance makes a prominent appearance. LP

New Acquisitions: ***When Lions Roar*** by Thomas Maier, ***No Safe Secret*** by Fern Michaels & ***Outakes, Listen*** by Charles Wright.

Mann Missive

"The Reports of My Condition Are Greatly Exaggerated" (Take-off on the Mark Twain message to the American press after his obituary was mistakenly published). I just heard second-hand that I am still in the hospital and not planning to come back to work. Frankly, this "report" jogs me to clarify because I wrote in this space two weeks ago about my condition, but have done nothing publicly to announce my partial return to Mayflower.

Here is the update. I moved back to my Mayflower apartment from my daughter's Urbandale home two weeks ago. Today marks the end of the second week that I have been piecing together some return time to work, mostly in the office. I am in for short periods. Then, I go home to rest. It seems I am averaging a little less than halftime in the office.

This is the result of being physically weak and easily fatigued. In addition, I am still tethered to a "feedbag." Nevertheless, I am sort of back, getting better every day.

"Lester" Is Now Working at Mayflower. Having arrived in late January, Lester the bus is shuttling Mayflower residents. With a capacity of 14 passengers, this state-of-the-art transport van is like that you see at airports....only cleaner and more plush!!! Aren't we fortunate?!

Lester the bus is being driven by Mayflower resident volunteers Greg Buntz, Shane Estes, Lyle Kuehl, Steve Lovig, Lyle Roudabush, and Bruce Voyles. When you see one of these men, be sure to thank them for this act of mercy.

Pat Conn Is One of Iowa's "100 Great Nurses!" As shared recently in this space by Ed Poush, Mayflower's Healthcare Administrator, Pat Conn, RN and Health Center weekend supervisor, has been recognized by her peers at the Iowa Nurses Foundation. Because both articles eloquently described the work that Pat does at Mayflower, suffice it to say, we are extremely proud to have Pat and nurses like her working in our Health Center, South Village, and Beebe Assisted Living.

Watertower Square Tunnel Décor. A number of historic Grinnell photomurals have been hung in the tunnel that connects Watertower Square with the Pearson building. Formerly hung in the old McNally's grocery store, the murals can now, for the first time, be viewed close-up. Along with two benches currently being built, the photomurals will be a memorial to Virgil Groth, retired grocer, given by his wife Pat and family. Virgil and Pat moved to Mayflower independent living in 2008. Virgil died in 2015.

What's All That Pounding in the Pearson Offices? I know members of Mayflower's business department would like it to go away. That won't happen until three new workspaces and some storage areas are created. Incorporating an apartment located to the north of the current offices, the new space will house, behind our Receptionist, our Planned Giving consultant, Doug Lockin, and a new member of the Accounting Department to replace now-retired Sally Maring. In addition, there will be space for our current five-member staff—Pam Vosburg, Chief Financial Officer; Janet Neff, Executive Assistant; Denise Smith, Accounting Specialist; Deb Jack, Receptionist; and part-timer, Rhonda Whitehead, newsletter and calendar editor.

Who Is New to Mayflower? Watch this space in two weeks to see a listing of people who have moved to Mayflower independent living during the last few months.

Bob Mann, Executive Director
(bmann@mayflowerhomes.com)
Include Mayflower in your will with a call to your attorney.

Restore Refresh Renew

Feeling Restored, Refreshed, Renewed?

Self-Care Practices are Important!

Are you curious about ways to influence Health, Emotions & Spirit?

Check out our new summer education series:

"Being Good to Yourself"

Tuesday Nights at 6:00 p.m in Kiesel
Beginning May 31

May 31 - Anne Sunday (Mindfulness & Social/Emotional IQ: (An overview of a new course to begin on July 18)

June 21 - Susan Howard (Resources For Sight Impairment)

June 28 - Kathy O'Connor (Massage Therapy)

July 19 - Danielle Sadler (Acupuncture)

July 26 - Kathy O'Connor (Energy Healing)

August 2 - GRMC Staff (Aromatherapy)

August 9 - Danielle Sadler (Traditional Chinese Medicine)

August 16 - Dori Pearce (Water Exercise & Chir Yoga)

Presentations & Demonsrations by Local Practitioners!!

Jordan Pederson, granddaughter of Esther Bethel and Don Pederson will be celebrating her GHS graduation at a reception in Buckley Dining Room between 6:30 - 8:00 p.m. today, Friday, May 27. We welcome our Mayflower friends to join us.

Senior Education Program

The SE*ED program on Monday, June 6 will be "Opioid Epidemic in America." 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.

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

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

NO MEETING IN JULY

Music with Tom Anderson

Wednesday, June 8 at 3:00 p.m. in the Carman Center

Everyone is Welcome to Attend!

Come On - Let's Travel

Join other Mayflower residents and friends at a Free Travel Show to be held on June 23 at 6:00 p.m. in the Kiesel Theater.

Representative of Hawkeye Stages/Legacy Tour & Travel will make a presentation highlighting our proposed trip to Dubuque and Galena and answer any questions you may have. They will also have information on their independent tours for those who may want to take a separate trip. There will be refreshments and prizes! Don't miss this exciting event!

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

Charles Ziegenmeyer passed away Monday, May 23. A funeral service will be held at 10:30 a.m., Saturday, May 28 at the Grinnell Christian Church. Friends may call at the Smith Funeral Home beginning 2:00 p.m. on Friday and the family will be present from 6:00-8:00 p.m.

In Memoriam

Apartment, Harwich Terrace, and Watertower Square residents - If you haven't already done so, please find a local doctor who will treat you if you should have an unexpected need for 24/7 nursing care in Beebe or the Health Center. We cannot admit you into health care unless you have a local physician. Also, if you know you are having elective surgery that may or will necessitate spending some time in the Health Center, please contact Kelly Beck, Director of Nursing (236-6151- Ext. 162) so we can hold a bed for you. *Ed Poush, Administrator*

Erin Gersdorf found a garage door opener in the Beebe parking lot. The owner may pick it up from Deb Jack at Pearson front desk.

Anne Sunday had to divide the Mayflower Residents email list into three different groups. Google was rejecting the original list as too large. In the process of transferring 114 names a few disappeared. If you are supposed to be on the list and not receiving Mayflower announcements, or if you wish to be added to the announcement list, please contact Anne at annesunday624@gmail.com. Thank you.

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**

MAYFLOWER BELL CHOIR

The Bell Choir is on Summer break and will return in the Fall.

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.

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

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.

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

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

Wine & Cheese on Friday, May 27 is CANCELLED due to a function scheduled in the dining room.

Breakfast Bunch - Saturday, 8:00 a.m. May 28 - Meet in Pearson

Dine Out on Sunday Nights

Sunday Dine Out has a new time. We will be leaving at 5:00 p.m.
May 29 Changed to - Pizza Ranch

Thank you: We would like to thank everyone for the cards and many expressions of sympathy we received when our nephew Randy Hentzel was so brutally murdered in Jamaica. *Dewayne Hentzel & Family*

Rain Gauge on Mayflower Lane

Now that it's out from under the trees we would-be farmers, who are interested, can track the inches of rainfall in rainy weather. I'll empty the gauge around 7:00 a.m. for the 24-hour total and note it at the Pearson front bulletin board on the days there's a measurable amount. This Wednesday morning it measured 1/2" at 7:00 a.m. from the 6:00 a.m. shower.

Velna Kolodziej