

Carol Arendt	July 9		Montie Redenius	July 15		Doris Pearce	July 23
Steve Lovig	July 12		Elsie Johnston	July 16		Seymour Raffety	July 23
Katherine McClelland	July 12		Esther Bethel	July 17		Miriam Baumann	July 25
Carol Nielsen	July 13		Deena Wellborn	July 20		Ed Adkins	July 26
Jan Mutti	July 13		Harley Henry	July 22		Sallie Verrette	July 27
Walda Gustafson	July 14		Joan Landkamer	July 22		Joan Anderson	July 28
Louise McLain	July 15					John Marwin	July 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:*

 July 12 Tommy Haas, Mayflower Resident
July 19 Nancy Smith, 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: When you are in the mood for a lighthearted escape from the year 2016, try a little P. G. Wodehouse, specifically the book, *"Introducing Jeeves: Six Classic Stories"*. These stories are some of the early ones (1916-1921) by the well known British humorist, and perhaps the most familiar. They feature the lovable but dim bachelor-aristocrat Bertie Wooster and his unflappable valet, Jeeves, who is the indispensable "gentleman's gentleman." Whether Bertie is helping a friend out of a tight spot, or trying to impress a young lady, Jeeves never fails to save the day.

Decent by Tim Johnston (Iowa City native) This book will increase your heart rate. A family - mother, father, teenaged daughter and son - go to the Rockies for vacation. High in the mountains, the girl is abducted and her brother seriously wounded. Each member deals with the horror that follows in a different way. The dialogue is authentic, the characters convincing, the tension unrelenting.

New Acquisitions: *Ship of Ghosts* by James Hornfischer
The Girl in the Red Coat by Kate Hamer



Mann Missive

A Bang-Up 4th of July at Mayflower. If you partook in any one of a number of events sponsored on our campus throughout last weekend, you got to celebrate the 4th of July in style. The food was great, of course. The conversation was warm and informative. The congeniality was so typical of how Mayflower people treat each other. In addition, our Independence Day was duly celebrated.

Now, we cannot take credit for the annual Grinnell 4th of July parade. (We did make available our vacant lot at the corner of Park and Hamilton for parade-watching!) The highlight of the weekend for me was watching all the staff, residents, and friends assist Mayflower residents with transportation to the vacant lot and back again. The staff set up 30 or so folding chairs. And, many folks assisted residents in wheelchairs and with unsteady gaits to get to the parade site. When something needs to be accomplished on this campus, just look around and note all those who jump in and help.

I cannot tell you how fortunate I feel to live at Mayflower, among you folks who care and support. But, I can ask you to believe it!

New Trees—A Little Stressed. A number of you have seen and commented about the new trees that have been planted between Edwards and Montgomery—one each in the memory of former residents Bette Kersey, Don Kirts, and Julia Kirts. Thank you to donors Char Ewan (Bette's daughter) and Vic and Diane Wilson (Don's and Julia's daughter).

These new trees have been stressed by the hot weather and dearth of rain. We are regularly watering them. We will continue to watch them in case they will need to be replaced. A number of memorial trees have been planted in the Watertower Square Courtyard. Those donor and honoree names will be shared later.

Horseshoe Pitching Anyone? There are two horseshoe pitching stake boxes located at the northwest corner of our Montgomery building. If you want to play a round, you will find brightly-painted horseshoes and a magnet rod for doing the collecting in the cupboards in the Montgomery-Pearson breezeway. Help yourself.

New Harwich Terrace Residents. Since I last wrote of resident transitions, these two Harwich Terrace purchases have occurred with moves planned in the coming months:

- Russ and Mary Schuchmann - From Grinnell to 951 Park Street (formerly Sue Graham's home)
- Sig and Judi Barber - From Grinnell to 1110 - 1st Avenue (formerly Jo Meyer's home)

In addition, two Harwich Terrace home sales are in process, one more is for sale (Ginny Thelin's), and one will be for sale shortly (Ann Buchmeier's).

Are You Related to Leland Mann? I get that question a lot because we both have had ties to the United Church of Christ. Leland, now deceased, served the local UCC Church as pastor, before moving to Ames in the early 60's. Leland's son Art wrote me recently to provide an update on their family, as Bernie and he have now moved into a Life Plan Community, Northcrest in Ames.

They have a daughter in Oceanside, CA and a son Jeff in Ames who has three children. Art continues to teach wood carving classes at Iowa State University and Ames High School.

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

The background of the invitation is a vibrant tropical scene. On the left, a red and yellow parrot perches on a palm tree branch. The right side features a vertical arrangement of colorful flowers, including pink and orange blooms, and a pink drink in a glass. The bottom of the image shows a sandy beach with a blue ocean and distant islands under a bright sky. The text is centered in a white, cloud-like shape.

You Are Invited

*... To
Mayflower's Annual Luau ...*

Buckley Dining Room

Wednesday, July 20th & Thursday, July 21st

Social at 5:30

Dinner Buffet at 6:00

Luau Reservation Slips

can be picked up in Buckley Kitchen

or reservations may be phoned in to 236-6151 ext. 216

Reservations required by Friday, July 15th

Cost \$12.00

(Seating will be limited to tables of 8)

SENIOR EDUCATION PROGRAM

Federal statutes and regulations play a significant role in the delivery of health care in Iowa's hospitals. Many people are familiar with the Medicare program and the Affordable Care Act, but might not understand how these federal statutes affect the local hospital. **Join Erika Eckley, MPA, JD, on Monday, July 11, for Grinnell Regional Medical Center's Senior Education Program. Her presentation will cover current federal statutes and regulations affecting access to care within Iowa's community hospitals.** Additionally, Eckley will give a brief overview of the "how and why" of payment and reporting changes that influence medical providers across the country.

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.

MRA EXECUTIVE COUNCIL MEETING

Monday, July 11th

Health Center Conference Room at 2:30 p.m.

MUSIC IN THE CARMAN CENTER



Wednesday, July 13 at 3:30 p.m.

Phil Gould playing country music

Everyone is welcome to attend!

MRA TOWN MEETING

Monday, July 18th at 2:00 p.m. ~ Carman Center

All Mayflower Community residents are encouraged to attend

BOOK CLUB IN GAME ROOM AT 1:00 P.M.

No Meeting in July

Friday, August 19 - *Miller's Valley* by Anna Quindlan



Beryl and Mary Lou Clotfelter invite all Residents & Staff to . . .

*** * * MEET & GREET * * ***

Sunday, July 10th, from 2:00-3:30 in the Buckley dining room

We want to extend a cordial invitation to you all to attend an informal "meet and greet" for our granddaughter and her new husband, Sarah and Obadiah Lee, who were married June 18 in California and are now residents of Grinnell. Some of you have already met Oby at the hospital, where he is a respiratory therapist, and Sarah will be working at the hospital too as a CNA. You will be seeing Sarah and Oby here at Mayflower and at the hospital, and we would like for you to feel that you know them and that they know you.

Please come!

BEING GOOD TO YOURSELF: ACUPUNCTURE

Tuesday, July 19 at 6:00 p.m. in Kiesel

Gather with Friends for Supper in the Bistro at 5:00 p.m.

Danielle Sadler, L.Ac., Dipl. O.M., holds a Master's degree in Oriental Medicine from completion of a four-year program at American Academy of Acupuncture and Oriental Medicine in Roseville, MN in 2015. Her acupuncture clinical internship included a rotation in Acute Rehabilitation and Orthopedics at University of Minnesota Medical Center in Minneapolis. She also holds a Diplomate in Oriental Medicine from the National Certification Commission for Acupuncture and Oriental Medicine, having passed national board exams in Acupuncture, Biomedicine, Traditional Chinese Medicine Theory, and Chinese Herbs. Danielle is a member of the Iowa Association of Oriental Medicine and Acupuncture.

Acupuncture is part of a larger system of medicine called Traditional Chinese Medicine (TCM), used in China for thousands of years. Today, well-trained practitioners are using TCM around the world because it has been shown to successfully treat numerous conditions. Traditional Chinese Medicine views the body holistically, teaching that external and internal factors that affect people influence the whole body, not just one area. This can cause an imbalance in a healthy body which results in the person feeling pain, or may cause certain kinds of illness. An example of this can be seen when emotional factors like anger or grief disrupt sleep, disturb digestion, or cause splitting headaches. Traditional Chinese Medicine treatments aim at bringing the body back into balance, returning the body to health.

*Relax...
and Feel Better...*

With Acupuncture.



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

Sunday, September 25

8:00 - Depart Mayflower and travel to Dubuque by luxury motorcoach
10:30 a.m. - Arrive in Dubuque. Ride the Fenelon Elevator Cable Car
12:00 p.m. - Eat lunch on your own in Cable Car Square at the base of the Fenelon Place Elevator in the heart of the Cathedral Historic District
1:30 p.m. - Enjoy the National Mississippi River Museum & Aquarium
4:00 p.m. - Eagle Point Park
4:30 p.m. - Check into hotel, the Hampton Inn, Dubuque.
6:00 p.m. - Dinner Cruise aboard the "Spirit" steamboat with a two-hour sunset cruise on the Mississippi River. - Overnight in Dubuque

Monday, September 26

8:45 a.m. - Depart the Hotel for Galena
9:00 a.m. - Arrive in Galena for a trolley tour
10:00 a.m. - Tour the Galena/Jo Daviess County Historical Museum
11:30 a.m. - Free time to shop, explore & have lunch in Historic Galena
3:00 p.m. - Depart Galena
5:30 p.m. - Arrive back home in Grinnell

Hawkeye Stages



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.

Contact Anne Sunday, Independent Living Activities Coordinator, for more information - annesunday624@gmail.com/641-236-9041 or 319-290-9171. Invite your friends and family!



Anyone interested please
sign up in Pearson Lobby

Cost per person:

Double \$379

Single \$439

Triple \$359

Quad \$349

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 **July 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 Wednesday at 1:30.

NEIGHBORHOOD GROUPINGS

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



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

July 25 Buckley 1st, Harwich Terrace Southeast

The Bistro will close at 3:00 p.m. on Luau days - July 20 & July 21!

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

Dine Out on Sunday Nights

Sunday Dine Out - We will be leaving at 5:00 p.m.

July 10 - Pizza Ranch

July 17 - Chuong Garden

July 24 - Pizza Ranch

July 31 - Okoboji Grill in Newton (will leave Mayflower at 4:30 p.m.)



Mayflower Treasure Chest: The month of July contains beautiful bird carvings by Clark Weaver.

Thank You:

I would like to thank everyone for the cards, hugs and all the many expressions of sympathy I received after the passing of my husband Dennis. They were much appreciated. *Marilyn Starnes*

Our activity staff would like to say a "Special Thank You" to everyone who helped transport Health Center and South Village residents to the 4th of July parade! The weather was perfect and the residents really enjoyed the parade! We appreciate your willingness to share your time. God bless you for your thoughtfulness! *Chery Nelson, Tracy Woolfolk, Pauline McKenna, Carolyn Orndorff and Nancy Jones*