

Harley Henry July 22  
Joan Landkamer July 22  
Doris Pearce July 23  
Seymour Raffety July 23



Miriam Baumann July 25  
Ed Adkins July 26  
Joan Anderson July 28  
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 26 Dondrea Walker, First Baptist Church  
August 2 Brian Mitchell, United Methodist Church

**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:** *Gone* is the 20th book in Jonathan Kellerman's series featuring psychologist Alex Delaware and homicide cop Mike Sturgis. Two young lovers and acting students vanish and it is assumed have been abducted on the way home from a rehearsal. Although the abduction is found to be a hoax, the case is reopened after the murder of another acting student. Identical previous killings are discovered as the intrepid duo, Alex Delaware and Mike Sturgis, pursue the brutal epidemic infecting the city of Los Angeles.

***The House on Moon Lake*** by Francesca Duranti is a character study of Fabrizio, whose job is to translate books by foreign authors into his native language of Italian. Whereas this book lacks excitement and fast paced action, it does excel in quiet analysis of Fabrizio's obsession of translating a small obscure book by an equally obscure author. In the process, the thin line between reality and imagination becomes blurred. Although this book is not a recent copyright, it is an interesting journey into the mind and choices of Fabrizio.

New Acquisitions: *Red Now and Laters* by Marcus J. Guillory  
*A Carpenter's Life* by Larry Haun



Use Code Alert...Or Not? Periodically, the question is raised about how an independent living resident summons help in the event she/he is down in the home and unable to get to a phone.

We have available a system designed for those situations: Code Alert. Pushing a button on a pendant worn around the wrist or neck, will call for support from our nursing staff. Some people choose not to use a Code Alert because there is a monthly fee, which is necessary to build a reserve to replace the computer works when the system becomes outdated. It is certainly one's privilege to forego Code Alert, but doing so eliminates the best system for getting Mayflower assistance in time of need.

In some independent living neighborhoods, residents have a "check-in" system, consisting of a visual clue (open curtains in Harwich Terrace; a sash hung on the door in apartments) so that neighbors will know if the resident is up and around for the day. There are two drawbacks: 1)a resident may not want to be responsible for checking on a neighbor and; 2)by the time the "up and around" clue is noted to be absent, the resident may have lain on the floor for hours.

Code Alert or not....It is your choice.

Beebe Assisted Living Remodeling. The first-floor common areas and dining room of our Beebe Assisted Living building have had a makeover! It is tasteful and comfortable. Thanks to a number of gifts in memory of Burtwin Day along with some other contributions, we were able to replace and update floor and wall coverings, hand rails, lighting, wall hangings, window coverings, and dining room and lounge furnishings. They are beautiful. Stop by and see the work sometime. If you really want a thrill, come into the dining room during mealtime and ask Beebe Assisted Living residents what they think of the work. Be prepared for the adulation.

Therapies Available Right Here. Mayflower offers Physical, Occupational, and Speech therapies on our campus. Our therapists offer a variety of treatment options using state-of-the-art equipment. Our Synchrony® machine assists with swallowing therapy and is the only one of its kind in the Grinnell area. Moreover, I can personally attest to their professionalism and thoughtfulness, as I have been having Physical and Speech therapy for a couple of months now.

The therapy room is located in the lower level of the Health Center. In some cases, the therapist can come to your home. If the therapy is doctor-ordered and you have Medicare insurance and a supplement, that will likely cover the cost. How do you get a doctor's order? Contact Elizabeth Bos, RN, Beebe Assisted Living and Home Services Coordinator (641-236-6151 x214).

Memorial Trees. Recently, a number of new trees have been donated and planted in the Pearson/Edwards Courtyard. Below are listed the donors and the honorees. In the next *In-former* edition, we will list the same for the Watertower Square Courtyard.

- Kent and Katherine McClelland (2) - In memory of Gordon Howard and in honor of Mamie McClelland
- Gordon and Karen Packard and Don and Pat Yungclas - In memory of Bruce and Ruth Packard
- Anne Sunday - In memory of Jim and Mary Sunday
- Gene and Kathy Herman - In memory of Vic Verrette, "Master Gardener"

Recently, a number of our nurses took a class of specialized training in Des Moines. The senior nurse instructor who had previously visited Mayflower said to our staff members, "I know where my husband and I are going to live when we are older. I am very impressed with Mayflower and, especially, the campus."

Bob Mann, Executive Director

# *You're Invited!*

Please join us Friday, July 29, 2:00-3:30 p.m. for a Mayflower Anchor Room reception to greet our friends Josephine and Rogers Gurira.

From 1973-1984 Josephine was a member of the Grinnell College library staff and Rogers was a Grinnell College chemistry professor and they were members of the Grinnell UCC Church. Hope to see you there. *Jenny and Luther Erickson*



*Come and join **Mary Hatch** In celebrating 80 years of life*



*Monday, August 1st at 2:00 p.m.*

*Buckley Dinging Room*



*Cake and Coffee will be served -- Everyone is Welcome!*

## SENIOR EDUCATION PROGRAM

Dale Fisher the Curator of Education at the University of Iowa Museum of Art will present a program on Demystifying the Debatable Definition of Art at Grinnell Regional Medical Center's Senior Education Program on **Monday, July 25**. Fisher will discuss the debate regarding the definition of art and the perplexing part it plays in education and everyday life. He will cover the major constants and variables that are inherent to the spiritual, social, and historical function of art throughout human history.

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.

## MUSIC IN THE CARMAN CENTER AT 3:30 P.M.

Friday, July 22 - Sharon Mathis & Greg Lincoln play Country Music



Wednesday, July 27 - Music with John Schumacher

Everyone is welcome to attend!

## MAYFLOWER GOLF "TOUR"

Men who are residents, on the wait-list, or other wise friends of Mayflower, and who enjoy playing golf, are invited to join others for periodic golf outings to East-Central Iowa courses. Doug Lockin is coordinating such events to begin either later in July or in August. For more information or to receive regular updates from this group, contact Doug at 515-210-6603 or [lockin.dr@msn.com](mailto:lockin.dr@msn.com)



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## WARM WATER EXERCISE

There is one opening in the Mayflower warm water exercise class at GRMC, led by Dori Pearce. Transportation on the Lester bus is available. Class sessions are Mondays and Wednesdays, 9:00-9:45 a.m. Contact Anne Sunday if interested - 641-236-9041 or 319-290-9171.



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

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



# SUMMER SERIES

## ENERGY HEALING

Tuesday, July 26 at 6:00 p.m. in Kiesel Theater

Presentation given by Kathy O'Connor, Licensed Massage Therapist, Holy Fire Karuna Reiki Master & practitioner of Health Touch, Cranial Sacral Therapy, Myofascial Release & Reconnective Healing

Energy Healing (Energy Medicine is a Holistic Natural Therapy and it is readily being recognized and validated by the mainstream medical model. Dr. Mehmet Oz, a respected surgeon and professor of surgery at Columbia University is an advocate for Reiki (a form of Energy Healing) as he promotes Reiki to be giving during and after surgery to his patients.

## AROMATHERAPY - THE BALANCE OF BODY & MIND

Tuesday, August 2 at 6:00 p.m. in Kiesel Theater

Presentation & demonstration given by Casie Olson, certified instructor from Postels Community Health Park

AROMATHERAPY is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being. The inhaled aroma from these "essential" oils is widely believed to stimulate brain function. Essential oils can also be absorbed through the skin, where they travel through the bloodstream and can promote whole-body healing. A form of alternative medicine, aromatherapy is gaining momentum. It is used for a variety of applications, including pain relief, mood enhancement and increased cognitive function. There are a wide number of essential oils available, each with its own healing properties.

*Join friends & neighbors for a light supper in the Bistro at 5:00 p.m.*

*Anne Sunday, Independent Living Activities Coordinator  
annesunday624@gmail.com/641-236-9041/319-290-9171*

# 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](mailto: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

Any Vietnam & Vietnam era veteran man or woman that was in the service (overseas or state wide) that was in from 1961-1975 (Vietnam or Vietnam era) veteran deceased or living that was in the service let me know name, branch of service & years of service. The DAR is giving certificates and Vietnam service pins to put on a cap. Ron Davis 641-990-2598 or 641-236-8744 - Thank 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 **August 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.

## NEIGHBORHOOD GROUPINGS

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

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

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

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

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

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

### Dine Out on Sunday Nights

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

**July 24 - Pizza Ranch**

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

### Dining at the Bistro by Beryl Wellborn

The Bistro at the Mayflower 'tis the place to eat!  
The food selection you'll find meets your taste.  
So, come along, join the crowd, Give it a try!



What a gathering of diners-to-be! Each finds a table.  
Unless there is a Reserved sign placed there on  
Sit where you please: alone, with another, maybe four, even six,  
Elbow-to-elbow, if there are eight, that's quite a mix.

Conversations a plenty at the table or with the one close by.

Who's ill...with what? Who's moved...to where?

Look, those are the Browns, George and Ellen, They came last week.  
I had to have one of Erin's guys give my TV a tweak.

Did the Pioneers win? Say, this salad's good. The Hawks won.

Have you seen Gordon's trains? Can you believe the politicians?

Hey, you're looking better. A somber "I'm sorry." So it goes...That's the fare  
Of the Bistro diners (and their guests) ... Hope to see you there.

**For Sale:** Netia Worley is reconfiguring her apartment and has a number of things for sale. The list of items is posted on the bulletin boards. The sale is Saturday, July 23 from 10:00 a.m. to 4:00 p.m.

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