

Gloria Clay Sep 2
Bob Williams Sep 7
Suzy Raffety Sep 7
Sandy Tokle Sep 11
Nancy Brown Sep 12
Dorothy Inouye Sep 15
Harry Bolton Sep 15
Gordon Borthwick Sep 17

Mary Grey Sep 17



Arloene Yungclas Sep 17
Dorothy Delk Sep 21
Harold Tindall Sep 23
Kent McClelland Sep 23
Shane Estes Sep 27
Edie Dawson Sep 27
Robin Estes Sep 29
Iona Huff Sep 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:*



September 6 Christine Tinker, Mayflower Chaplain
September 13 Dorothy Noer, 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 Round House* - Award-winning Native American author Louise Erdrich gives us a deep and moving picture of a 13 year-old Ojibwe boy named Joe, devoted to his parents, his community, and his three friends -- Zack, Angus, and Cappy. She lets us know Moosham, Joe's grandpa, and kind and bawdy Grandma Ignatia. Joe's life is full and happy, until an unimaginable terrible thing happens to his mother. In his search for justice, the boy's world is transformed -- and transformed again.

New Acquisitions:

The Social Conquest of Earth by Edward O. Wilson

The Aviator's Wife by Melanie Benjamin



**PEARSON OFFICE WILL BE CLOSED ON MONDAY, SEPTEMBER 5
FOR THE LABOR DAY HOLIDAY**



Good News; Bad News. In today's column, I share some recent findings concerning older American health issues.

Alzheimer's Disease....Don't Want to Talk About It. Years ago when I was a young father, a friend and a wise mother coached me on my eight-year old son's coming encounter with Christmas. She told me that this may be the year that he didn't want to talk about believing in Santa Clause—old enough to understand the myth, but not too old to give up the hope.

Unfortunately, our society has become this way about Alzheimer's Disease—too scared to admit it might be occurring in our family but facing the reality of having to deal with it.

Five million Americans have Alzheimer's Disease and that number will grow as the "Baby Boomer" generation ages. This will continue to put increased pressure on families to provide care.

Alzheimer's brings brain cell failure as the result of genetic and health factors, rather than a single cause. At this time, the effects can be somewhat mitigated with medication, but the progression cannot be halted or reversed.

According to the Alzheimer's Association, the annual cost of the disease is as great as the cost of diabetes, "...which affects six times the number of persons. Much of the cost comes in lost productivity from both patients and caregivers, often family members whose own financial safety can suffer...." (*American Journal of Managed Care*, July 25, 2016).

"Right now...Forty percent of doctors don't want to make a diagnosis in their patients who have it, in part because they don't think they can do anything about it. Yet, prevention and early intervention are key. The kinds of new

drugs being researched work better for the early diagnosis." (*AJMC*, July 26, 2016)

In order to take advantage of current and yet-to-be-developed drugs, a doctor's diagnosis is important. In addition, it is just as important to begin to find ways to support caregivers. There is an informal support group at Mayflower composed of family members who have dealt and are dealing with Alzheimer's disease.

Reading and Staying Busy May Help You Live Longer. Three recent studies provide strong cases about contributions to a longer, stronger life. *The Boston Globe* (May 18, 2016) cited results from the Dallas Lifespan Brain Study (University of Texas at Dallas jointly with the University of Alabama). They found that adults over 50 with busy schedules had an improved memory, better brain processing, larger vocabulary, and sharper reasoning skills.

Staying busy exposes people to different information and increases their ability to learn new things. A study published in ScienceDirect found book readers live 23 months longer regardless of gender, wealth, education, or health. Another study published by PLOS (Public Library of Science) One, a science journal, found that book readers are more empathetic.

Some More Good Health Issues. In an AARP Consumer Survey published in June, 2016, these factors were consistently linked to feelings of well-being: Learning new things; eating a healthy diet; socializing with friends/family; getting enough sleep; exercising; reading.

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



“UnLOCKING the Power of Philanthropy” Returns!

September 2016

Presented by: Doug Lockin, CPA Mayflower Gift Planning Specialist
J & B Bistro, Mayflower Community

Introduction:

Doug will present an updated version of topics that proved popular in 2015. Gain a higher degree of confidence and control over the decisions you make to support favorite charitable organizations. This series is equally for people at all levels of the philanthropic spectrum. Plan to attend one, two or all three sessions on the date(s) and time(s) most convenient for you. No one session is a pre-requisite for another.

Session #1 “The Wisdom of PROACTIVE PHILANTHROPY!”

Proactive philanthropy might be as simple as collecting loose change in a jar and later giving it to favorite causes. Or, it might be a complex plan to reduce federal estate taxes when passing family wealth to succeeding generations. This is a wide spectrum to be sure; most people find a comfort level well between these two extremes. This session features specific ways to give proactively instead of “reacting” to requests for charitable support.

Session #2 “Gifts that MAKE an IMMEDIATE IMPACT!”

A friend named Jack once said: “I do my givin’ while I’m livin’ so I’m knowin’ where it’s goin’.” If you favor Jack’s approach, this session explores a range of assets you can use, and/or techniques you can employ, to multiply benefits for your charities and YOURSELF. Disclaimer: for previous “UnLOCKING the Power of Philanthropy” attendees, this is partly a reprise of presentations entitled “alternatives to cash gifts.”

Session #3 “LEGACY Giving IMPACT BEYOND your LIFETIME!”

In terms of charitable giving, “leaving a legacy” has no specific definition, certainly no “minimum requirement.” If you have considered “legacy” gifts, you likely have asked the question: “How can I make a plan for giving when I do not know what, if anything, will remain at the end of my lifetime?” This session offers practical ideas for “legacy” giving for those with uncertainty about their financial future. The ideas presented are designed to protect your need for lifetime income and your desire to create inheritances for children or other heirs. Similar to session #2, parts of this session have been presented in previous “UnLOCKING” events.

Schedule: (all sessions in the J&B Bistro)

Friday, September 16, 2016

9:00a.m. – 9:45a.m.	Session #1: “The Wisdom of PROACTIVE PHILANTHROPY!”	
9:45a.m. – 10:00a.m.	Refreshments Break	
10:00a.m. – 10:45a.m.	Session #2: “Gifts that MAKE an IMMEDIATE IMPACT!”	
10:45a.m. – 11:00a.m.	Refreshments Break	
11:00a.m. – 11:45a.m.	Session #3: “LEGACY Giving IMPACT BEYOND your LIFETIME!”	

Monday, September 19, 2016

1:45p.m. – 2:30p.m.	Session #1: “The Wisdom of PROACTIVE PHILANTHROPY!”	
2:30p.m. – 2:45p.m.	Refreshments Break	
2:45p.m. – 3:30p.m.	Session #2: “Gifts that MAKE an IMMEDIATE IMPACT!”	
3:30p.m. – 3:45p.m.	Refreshments Break	
3:45p.m. – 4:30p.m.	Session #3: “LEGACY Giving IMPACT BEYOND your LIFETIME!”	

Questions, or to RSVP: An RSVP is appreciated, but not required. Contact Doug Lockin at 515.210.6603 or lockin.dr@msn.com with questions about any of the material to be presented, or to let him know which session(s) you might attend.



Coming Attractions



Mayflower Matinee Movies are back, beginning at 2:00 p.m. on Friday, September 9 in Kiesel Theater. Our first selection is *The Lady in the Van*, with Maggie Smith. You're gonna love it! The following Friday, September 16 the feature will be *Eye in the Sky*. A complete list for the semester will be posted soon. See you at the movies!

September 9 - The Lady in the Van - A man forms an unexpected bond with a transient woman living in her van that's parked in his driveway. Starring Maggie Smith, Alex Jennings & Jim Broadbent. Rated PG-13 for a brief unsettling image. 104 Minutes - Biography/Drama.

September 16 - Eye in the Sky - Col. Katherine Powell, a military officer in command of an operation to capture terrorists in Kenya, sees her mission escalate when a girl enters the kill zone triggering an international dispute over the implications of modern warfare. Starring Helen Mirran, Aaron Paul & Alan Rickman. Rated R for some violent images & language. 104 Minutes - Drama/Thriller/War.

Book Club in the Game Room at 12:30 p.m.

Friday, September 16 - *Quiet* by Susan Cain

Friday, October 21 - *The Underground Railroad* by Colson Whitehead



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

Thursday, September 8 - Too Many String Band

Thursday, September 15 - Stories by Grinnellians

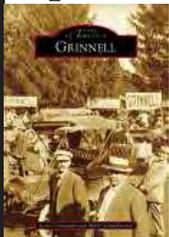
Thursday, September 22 - Prairie Jewel Dixieland Band

Thursday, September 29 - Grinnell College International Students from China



The Forum returns on Tuesday, September 13 at 2:00 p.m. in Kiesel Theater.

The program will be Mary Schuchmann, and Lynn Cavanagh speaking about the two books they wrote about Grinnell - that is the vintage photo book and the Grinnell history for third graders. The title will be-Writing About Grinnell - 10 Things We Learned. They will talk about the process of researching and writing the books and the little known facts about Grinnell they discovered.



Fall Day of Celebration!

Afternoon – Thursday, September 22

Beebe Dining Room

Sail Garden

(Pearson/Edwards Courtyard – See picture below)

Jewel Garden

(Watertower Square Courtyard)

Burt's Commons

(Beebe Dining Room Remodling)

Septemberfest Pasta/Lasagna Dinner

(Buckley Dining Room – RSVP 236-6151 ext 216)

Lyceum

(Prairie Jewel Dixieland Band)

Watch for more info on future notices

*Residents Enjoy the New
Pearson/Edwards Courtyard*

Residents from left to right are:

**Jeanette Tisdale, Lisa Adkins, Barbara Franz,
Mary Gardner, Ed Colliton, Gretchen Isenberg,
Margaret Rorvig, Sandy Beyer, Carol Nielson &
Sue Chasins.**



EXPLORATION MONDAYS



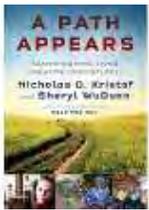
No matter your age, there are still so many interesting things to know - and here is a way to learn about some of them. Every Monday afternoon from 2:00-3:30 p.m., you have a date with some of the very best professors in the country to learn about science, history, philosophy, etc. on DVDs. "Exploration Mondays" consist of three thirty-minute DVD lectures on a topic of interest each week; the same topic will be explored for about four weeks and then a new subject will be offered.

Our first course will be "World Religions" - Islam, Judaism, Hinduism, and Buddhism. It begins Monday, September 12 at 2:00 p.m. in the Kiesel Theater. Lecture 1: Islam Yesterday, Today & Tomorrow. Lecture 2: The Five Pillars of Islam & Lecture 3: Muhammad - Prophet & Statesman.

There is no charge, no registration required; just come and enjoy the pleasure of life-long learning. Questions? Contact Joanne Bunge at jbunge@mayflowermail.net or Netia Worley at Netia.worley@gmail.com.

DOCUMENTARY & DISCUSSION: A PATH APPEARS

Innovative Strategies for Making a Difference



At 6:00 p.m. in Kiesel Theater

Tuesday, September 13 - Sex Trafficking in the USA

Tuesday, October 11 - Breaking the Cycle of Poverty

Tuesday, November 8 - Violence & Solutions

Join neighbors for dinner in the Bistro at 5:00 p.m.

NOW IS THE TIME TO SIGN UP FOR THE FALL PREVENTION COURSE: A MATTER OF BALANCE

Classes begin Monday, September 19

Mondays & Wednesdays 1:00 - 3:00 p.m. in Montgomery Lounge

Leaders: Gerald Adams & Anne Sunday

Class Dates - 9/19 & 21, 9/26 & 28, 10/3 & 5, 10/10 & 12

Contact IL Activities Coordinator Anne Sunday at 319-290-9171/
annesunday624@gmail.com, or use the Pearson Lobby Sign-up Sheet

Non-Mayflower friends are welcome to sign up

Cost \$10.00 - Sponsored by Agency on Aging





CALLING ALL MAYFLOWER SINGERS

Come join your friends around the piano in the Buckley Bistro dining area on Thursdays, 3:00-4:00 p.m. starting Thursday, September 8

We shall sing all sorts of songs -- folk, show tunes, oldies, rounds, hymns, etc. . . .

Bring a friend and join the chorus! You'll be glad you came!

Pat Yungclas & Jeanette Tisdale

WEEKLY WALKING GROUP WITH GEORGIA

Meet at the Obermiller Center

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 **September 12** 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

- September 5 Montgomery, Buckley 3rd, Harwich Terrace North
September 12 Edwards, Buckley 2nd, Watertower 2nd & 3rd,
 Harwich Terrace East
September 19 Pearson, Watertower 1st, Altemeier,
 Harwich Terrace South
September 26 Buckley 1st, Harwich Terrace Southeast

Breakfast Bunch - Saturday, 8:00 a.m. on September 3 - Meet in Pearson

Dine Out on Sunday Nights - we leave at 5:00 p.m.

September 4 - Chuong Garden

September 11 - Pizza Ranch



Mayflower Treasure Chest: The Treasure Chest Display for September is a sampling of the collections of Sue Ahrens & Rey Evans Little Golden Books.



***Grinnell Chapter DAR
Grinnell, Iowa***

The Grinnell Chapter DAR is holding an event on September 20 at 7:00 p.m. at the Eagles Club to honor Vietnam Veterans with certificates of appreciation. We would be pleased to have any Vietnam Veterans who live at the Mayflower join us. If you are interested in attending, please contact me, Jeanette Shannon, at jls37das@iowatelecom.net with your name as you would like it to appear on a certificate and your branch of service. If you are retired military please include your rank and retirement. We look forward to meeting you.