

Esther Van Wyk	Jan 20	Laurel Keller	Feb 5	Gretchen Isenberg	Feb 16
Joyce Wubbels	Jan 24	Dan Agnew	Feb 6	Don Pederson	Feb 17
Irene Ranfeld	Jan 26	Gordon Packard	Feb 15	Addy Hanson	Feb 19
Lorene Morrison	Jan 27	Elaine Noe	Feb 16	Dorothy Williams	Feb 21
Anne Sunday	Jan 29	Bill Tinker	Feb 16	Leo Lease	Feb 24
Horace Hegg	Feb 1			George Drake	Feb 25
Mary Long	Feb 5			Catherine Rod	Feb 26
Irene Engelmann	Feb 5			Larry Gorsuch	Feb 27



**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:*



January 24

Rev. Scott Surovec, Grinnell Christian Church

January 31

Kari Lee, St. John's Lutheran 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.

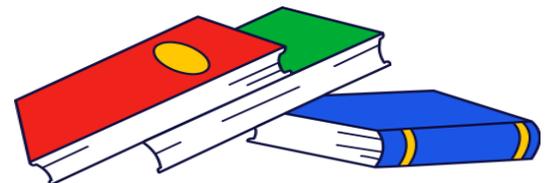
**Between the Bookends:** *The German Girl*, a novel by Armando Lucas Correa, centers around the flight of German Jews in 1939 attempting to get out of Germany and into a safe place for their families. The principals in the novel become passengers on the SS St. Louis. (The book includes historic details of the 937 passengers on the SS St. Louis going from Germany to Cuba and back to Europe.) The story hops ahead to New York in 2014, when a young American girl discovers a great-aunt in Cuba. Parallels are drawn between the German Jews in Germany in 1939 and Cuban non-communists after Castro's takeover.

**Recent Acquisitions:**

*Lost Light* by Michael Connelly

*The Beginner's Goodbye* by Anne Tyler

*Lives in Limbo* by Roberto G. Gonzales



## Mann Missive

Successful Year for the Mini-Gift Shop. The 40+ volunteers that work for the Mayflower Mini-Gift Shop, earned over \$6,700 in 2016. The proceeds have been pledged to the purchase of five lightweight tables for the Carman Center (\$1,000) and to the Mayflower Human Needs Endowment Fund (balance). The Shop is an independent function of the Mayflower Residents Association. Thank you to all who worked, who donated, and who shopped in 2016.

Grinnell College Partnership Winners. These Mayflower residents are actively teaching or working with students at Grinnell College: Doug Caulkins, George Drake, Luther Erickson, Bob Grey, Sandy Moffett, Jack Mutti, Ed Phillips. (Let me know if I have excluded anyone.)

In addition, for a number of years now, Mayflower has been working with various Grinnell College professors to share our experiential wisdom of aging and the students' willingness to spend time with our residents. As a result, a College intern has written a summary that will soon appear on the College's website. In it, she cites a number of projects involving students and residents.

Ann Ellis, professor of psychology, has been bringing students from her Adult Development class to Mayflower for informational meetings and one-on-one interviews with residents. Ann notes that students deepened their understanding of course content in a real-world context. "Seniors are the target of a lot of fear and negative stereotypes. But, my students learned that the residents at the Mayflower are an amazingly diverse and interesting group of people. Even the ones who grew up in little old Iowa have amazing stories to tell."

In the spring of 2016, Katherine Tucker '16 worked with Mayflower Activities Director, Chery Nelson, to enhance the "Adopt-A-Grandparent" program. Now, the program has 23 student-resident pairs who make a commitment to regular get-togethers. They share music, coffee, walks, and conversations.

The Adopt-A-Grandparent students have been programming iPod shuffles for residents in the South Village. They have created personalized playlists that can enhance residents' memories. John Christian Rommereim, College professor of music, and the Grinnell singers have been hosting weekly "pop-up concerts" around the campus. Residents request the songs and often sing along.

MRA Initiated Enhancements. Because of efforts by representatives of the Mayflower Residents Association, two projects will be accomplished with funding shared by MRA and Mayflower.

As identified by Harley Henry, the microphone system in the Kiesel Theatre has been inadequate for programs featuring multiple speakers or audience input. Therefore, two wireless handheld microphones have now been tied into the sound system, which includes T-coil reception.

Rey Evans and Christine Tinker identified the need for new shopping carts for the Buckley building. In the process, they discovered that the Altemeier and Edwards carts should also be upgraded. Two new carts will be purchased for Buckley and one each for Altemeier and Edwards.

What a valuable partnership....Mayflower Residents Association and Mayflower!

Bob Mann, Executive Director  
([bmenn@mayflowerhomes.com](mailto:bmenn@mayflowerhomes.com))

The background of the entire page is a vibrant, colorful illustration. It features a white background with scattered confetti in various colors (red, blue, yellow, green, purple) and streamers in red, yellow, and blue. On the left side, there is a red pizza box with a white pizza illustration. On the right side, there is a green and white striped container, possibly a drink or a gift. At the bottom, there are several slices of pizza with various toppings like mushrooms, olives, and meats, along with a small white container of dipping sauce.

*Mayflower Story Circle*



*Stories, Memories, Histories*

*Pizza & A Taste of Chinese New Year*

*Saturday, January 28*

*5:00 p.m. in Buckley Dining Room*

*Bring a treasured object &  
share why it's meaningful to You!*

*Call 236-6151 ext 216 for reservations*

*Cost \$8.00*



# Coming Attractions



**Mayflower Matinee Movies**  
**2:00 p.m. on Saturday in Kiesel Theater**

**January 21 - Chariots of Fire** - It's the post-WWI era. Britons Harold Abrahams and Eric Liddell are both naturally gifted fast sprinters, but approach running and how it fits into their respective lives differently. The son of a Lithuanian-Jew, Harold, who lives a somewhat privileged life as a student at Cambridge, uses being the fastest to overcome what he sees as the obstacles he faces in life as a Jew despite that privilege. Starring Ben Cross, Ian Charleson & Nicholas Farrell - Rated PG - 125 Minutes - Biography/Drama/Sport

**January 28 - Send Me No Flowers** - At one of his many visits to his doctor, hypochondriac George Kimball mistakes a dying man's diagnosis for his own and believes he only has about two more weeks to live. Wanting to take care of his wife Judy, he doesn't tell her and tries to find her a new husband. When he finally does tell her, she quickly finds out he's not dying at all (while he doesn't) and she believes it's just a lame excuse to hide an affair, so she decides to leave him. Starring Rock Hudson, Doris Day & Tony Randall - Not Rated - 100 Minutes - Comedy/Drama/Romance.

**February 2 - The Doris Day Special** - A one hour musical television special starring Doris Day, with guest stars Perry Como & Rock Hudson.

## *Burns Supper*

Thursday, February 2

Buckley Dining Room

Social Hour at 5:00 p.m.

Supper at 5:30 p.m.



Enjoy a Scottish Evening at the upcoming Burn's Supper, in honor of the National Poet of Scotland, Robert Burns, with bagpipes & Haggis and Tartan galore! Please RSVP by Monday, January 30 to Buckley Room. The Scottish evening will continue with Lyceum in the Carman Center at 7:00 p.m. for those who want even more music and merriment!

**Book Club** - Friday, January 20 at 1:00 p.m. in the Game Room will be *All the Light we Cannot See* by Anthony Doerr.

**The trip to the college basketball games** has been rescheduled for Saturday, February 11. Anyone wanting to go to one or both games that day should let Judy Hunter know -- judy586@gmail.com or 641-990-9783.

**Senior Education Program** - Monday, February 13 will be Mental Health Update, with Julie Smith, Capstone Behavioral Health Center director. Drake Community Library from 10:00 - 11:00.



***Vocal & Guitar Music with John Schumacher***

*Wednesday, January 25  
3:30 p.m. in Carman Center*



***Lyceum***

*Thursday, January 26  
7:00 p.m. in Carman Center*

*Prairie Jewel Dixieland Band*

***Come & Enjoy!***

**Chair Yoga** - Join us on Thursday, January 26 at 2:15 p.m. in the Buckley Dining Room for a presentation about and a demonstration of chair yoga. Kim Wemer, a retired nurse, is a certified and experienced yoga instructor and will give details of her upcoming class. Yoga is a breath focused movement practice to increase flexibility, strength and improve balance. It's also a great way to calm your mind, relieve stress and relax. A Chair Yoga class uses the chair for seated poses as well as a prop for some standing and balancing poses. We begin and end the practice seated in the chair but a lot of movement takes place both in and out of the chair. Check it out and see if you think you can benefit from signing up for the course! Anne Sunday, Independent Living Activities Coordinator -- annesunday624@gmail.com/641-236-9041.



## First Four Forums Focus on

### ***DIVERSITY***

In Kiesel Theater

*Please note variations in meeting times and days necessary to accommodate the schedules of our speakers*

**Friday, January 20** - The Liberal Arts: Diversity and Learning Space. Michael Latham, Vice President for Academic Affairs and Dean of the College. Note - 3:00 to 4:30 p.m.

**Tuesday, February 7** - Divided We Fall: America In The Aftermath begins at 6:00 p.m. Valerie Kaur was a twenty-year-old college student when she set out across America in the aftermath of 9/11, camera in hand, to document hate violence against her community. From the still-shocked streets of Ground Zero to the desert towns of the American west, her epic journey confronts the forces unleashed in a time of national crises -- racism and religion, fear and forgiveness -- until she finds the heart of America...halfway around the world.

Winner of more than a dozen international awards, Divided We Fall “is an illuminated meditation upon what it has meant to be ‘one of us’ since September 11” and is celebrated as a “starting point for the new dialogue on race and religion that is essential to America’s future.”

**Tuesday, February 14** - Kesho Scott, internationally renowned diversity trainer/consultant and Associate Professor of Sociology and American Studies, Grinnell College. Note - 2:30 p.m. to 4:00 p.m.

**Tuesday, February 28** - Joseph Bagnoli, Vice President for Enrollment and Dean of Admission and Financial Aid, Grinnell College. Note - begins at 1:30 p.m.

The concept of diversity encompasses acceptance and respect. It means understanding that each individual is unique, and recognizing our individual differences. These can be along the dimensions of race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious beliefs, political beliefs, or other ideologies. It is the exploration of these differences in a safe, positive, and nurturing environment. It is about understanding each other and moving beyond simple tolerance to embracing and celebrating the rich dimensions of diversity contained within each individual.



**MAYFLOWER BELLS**  
Monday at 1:00 p.m. in the HC Conference Room

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**WEEKLY WALKING GROUP WITH GEORGIA**

Meet at the Obermiller Center  
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, 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 **February 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.

## New Neighborhood Groupings for 2017

January 23     Altemeier, Edwards, Harwich Terrace North  
February 6     Buckley 1st, Watertower 2 & 3, Harwich Terrace South  
February 13    Harwich Terrace Southeast, Watertower 1, Buckley 3  
February 20    Harwich Terrace East, Pearson, Montgomery, Buckley 2  
February 27    Altemeier, Edwards, Harwich Terrace North

The Dining Room Hosts and I have met and revised our host schedule. We are now each hosting one day each week, instead of a week at a time, this allows for more flexibility in our busy schedules. We are still in need of one or two more volunteers who would be willing to host one day a week. If you do choose to stay for the noon meal, you receive a discount on your meal for hosting. Please let Marilyn Schuler or Scott know if you might be interested.

A couple of friendly reminders: we serve the noon meal in Buckley at 12:00 p.m. Monday-Saturday, and at 12:15 on Sundays. The salad bar is ready for serve at 11:30 a.m.

If you come to the dining room with your walker, please understand that the host or staff will place your walker along the perimeter of the room. This prevents staff and other residents from tripping over them and keeps the walk ways open around the table. Hosts or staff are happy to retrieve your walker for you when you are ready to leave the dining room, just ask. It is also helpful if you have your name legibly marked on your walker.

*Scott Gruhn, Director of Food Service*

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

January 22 - Pizza Ranch  
January 29 - Casa Margaritas  
February 5 - Chuong Garden

*"Eating out is fun"*



**For Sale** - Lazy Boy style chair for \$100.00 - made for a short person. Please call 641-236-1086, leave a message if no one is home. *Karen Packard*

**Thank You** - Mike and Cathy Shutts wish to thank the Des Moines Register customers for the gifts we received not only during the Christmas season but throughout the past year. The cards, tips and other kindnesses extended to us are greatly appreciated. Best wishes for a happy, healthy and peace filled 2017!

**Harwich Terrace residents** if you have not picked up your Pictorial Update please check with Deb at the Pearson Office. *Thank You*