

Jo Rosburg Jan 6
Janis Peak Jan 14
Charleen Foster Jan 14
Esther Van Wyk Jan 20



Joyce Wubbels Jan 24
Irene Ranfeld Jan 26
Lorene Morrison Jan 27
Anne Sunday Jan 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:**



January 10
January 17

Ed Phillips, Mayflower Resident
Rabbi Rob Cabelli, Grinnell College

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 Crying Tree* by Naseem Rakha is a novel that tells the touching story of a family as it confronts the murder of a fifteen year old relative. Within the span of time of fifteen years, the Stanley family shows up emotional pain, the letting go of family secrets, confrontation, love, and unbelievable forgiveness on several levels. They also receive help and sensitivity from an unexpected source in Tab Mason, Superintendent of the State Penitentiary. This book, full of many moral questions, is well worth the reading.

Recent Acquisitions:

The Signature of all Things by Elizabeth Gilbert
The Beekeeper's Ball by Susan Wiggs
First Dads by Joshua Kendall
The Boys in the Bunkhouse by Dan Barry



Mann Missive

Mayflower Health Center and South Village Courtyards. We are off to a strong start on the fundraising for the renewal of the two courtyards attached to our Health Center. We'd like to start that work as soon as possible in the spring. If you'd like to make a gift to the project, contact Doug Lockin (C: 515-210-6603) or me (641-236-6151) or write your check payable to "Mayflower Community" and note "Courtyards" on the memo line.

Required Minimum Distribution. If you have not yet made other plans for your 2017 IRA Required Minimum Distribution, consider making a direct gift to Mayflower for the Health Center and South Village courtyard replantings. Just ask your plan administrator to make the gift check payable to "Mayflower Homes, Inc." and in the memo show "Health Center Courtyards."

Why a Senior Living Community? There are many benefits associated with moving to a senior living community. One of them is the socializing that we get to do with each other.

Last November, the National Association of Area Agencies on Aging, in collaboration with the AARP Foundation, launched a public awareness campaign called "Home for the Holidays" to spread the word about the growing problem of social isolation and loneliness affecting millions of older Americans. Consumer brochures and outreach materials are available: <http://www.n4a.org/h4h2016>.

Brush Your Teeth and See Your Dentist. Dr. Sheryl Zimmerman, a researcher at the University of North Carolina (UNC) at Chapel Hill, has been working for several years to raise awareness about the health benefits associated with good oral hygiene including reduced risk of pneumonia, improved control of diabetes, reductions in cardiovascular disease, and improved self-esteem and quality of life.

Staying Safe This Winter. From the January, 2017 edition of *NEIghborhood News*, a publication of Northeast Iowa Area Agency on Aging, here is some seasonal advice for preventing outdoor falls:

- Footwear. Use boots with deep cleats. Consider ice cleats that fit over your shoes. (Mayflower subsidizes the purchase of Yaktrax at Brown Shoe Fit for our employees.)
- Cane or hiking pole. Consider an ice gripper that can be removed or is covered with a rubber tip when not used on ice.
- Walking. Take slower, smaller steps, especially when turning.
- Sidewalk ice. When possible, use walkways in the sun where the ice has melted. If it is not possible to avoid ice on walkways, consider walking on the ground next to it.
- Gloves. Wear gloves in order to keep your hands out of your pockets for better balance.
- Clothing. Wear brightly colored clothing to be more visible to motorists. (Do you suppose this idea came from Netia Worley?)

Mayflower Residents Association Employee Gifts. Our staff is still cooing about the cash gift they received from our residents by way of the MRA campaign. Each full-time staff member was given \$390. One employee showed a group of residents the new, brightly-colored tennis shoes she was able to buy. Given that she works all day on her feet, this acquisition is especially meaningful. Then, before she walked away, she thanked the residents personally.

Have a great 2017!

Bob Mann, Executive Director
(bmann@mayflowerhomes.com)

Include Mayflower in your will with a call to your attorney.



George Kolodziej passed away Saturday, December 17. There will be a Celebration of Life for George on **Saturday, January 21 at 2:00 p.m.** in the Carman Center followed by refreshments in the Buckley Dining Room.

BUCKLEY DINING ROOM DINNER CRUISE

Thursday, January 19, 2017

Social at 5:00 p.m.

With wine, sparkling grape juice & appetizers

Dinner at 5:30 p.m.

**Salad, Steak DeBurgo with Shrimp
Rice Pilaf & Vegetables**

Dessert

**Panna Cotta with
Raspberry Sauce & Truffles**

Cost \$12.00 per person

**Reservations due by
Monday, January 16**





Coming Attractions



Mayflower Matinee Movies

2:00 p.m. on Saturday in Kiesel Theater

January 7 - Zootopia - From the largest elephant to the smallest shrew, the city of Zootopia is a mammal metropolis where various animals live and thrive. When Judy Hopps becomes the first rabbit to join the police force, she quickly learns how tough it is to enforce the law. Determined to prove herself, Judy jumps at the opportunity to solve a mysterious case. Unfortunately, that means working with Nick Wilde, a wily fox who makes her job even harder. Starring Ginnifer Goodwin, Jason Bateman & Idris Elba. Rated PG for some thematic elements, rude humor & action. 108 Minutes - Animation/Adventure/Comedy.

January 14 - A Hologram for the King - A failed American sales rep looks to recoup his losses by traveling to Saudi Arabia and selling his company's product to a wealthy monarch. Starring Tom Hanks, Alexander Black & Sarita Choudhury. Rated R for some sexuality/nudity, language & brief drug use. 98 Minutes - Comedy/Drama

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

2017

Another year! It just can't be!
I look back and what do I see:
What's gone, far greater
Than what lies ahead
I'd better hurry, so before I'm dead
I get whatever done I want to do:
Go "there," see "him," "read that"
Do more than say that I just sat
And watched the tube with brain turned off
Or maybe just stayed in the hay
Instead, I had some fun each day
Got something done, and had a ball
And made a difference, after all!

Happy New Year from Netia



Senior Education Program - Monday, January 9 is Portraits of Nature in Iowa with Ken Saunders II, nature photographer. Drake Community Library from 10:00 - 11:00.

Mayflower Residents Association Executive Council Meeting on Monday, January 2 has been changed to January 9 at 2:30 p.m. in the Health Center Conference Room.

Bucket Course - New insights into what makes each of us unique will be the topic of the first Bucket Course of 2017. Starting January 11, Clark Lindgren, professor of neuroscience at Grinnell College, will teach a four-session course titled "From Synapse to Self: How Our Synapses Make and Break Us." The classes will be held January 11, 18, 25 & February 1 from 10:00 to 11:30 a.m. at the Drake Community Library. To register for the class, go to grinnellcecbucketcourses.org. The fee is \$15.00, payable at the first class. For more information contact Joanne Bunge at 236-5321 or jbunge@bungefarms.com.

Music with Ron Burgess in the Carman Center on Wednesday, January 11 at 3:30 p.m. Be entertained by his singing, keyboard and guitar as he performs Classic and Old Country tunes.

Lyceum - resumes on Thursday, January 12th at 7:30 p.m. in the Carman Center when the Grinnell writers will be sharing their works.

Camp Courageous of Iowa will present a program in the Carman Center on Wednesday, January 18 at 10:00 a.m. Come for a snack and chat!

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.

Saturday, January 28, 2017 at 12:45 p.m. Lester bus to Grinnell College Women's Basketball & 2:45 p.m. Mens Basketball.

Mayflower Story Circle

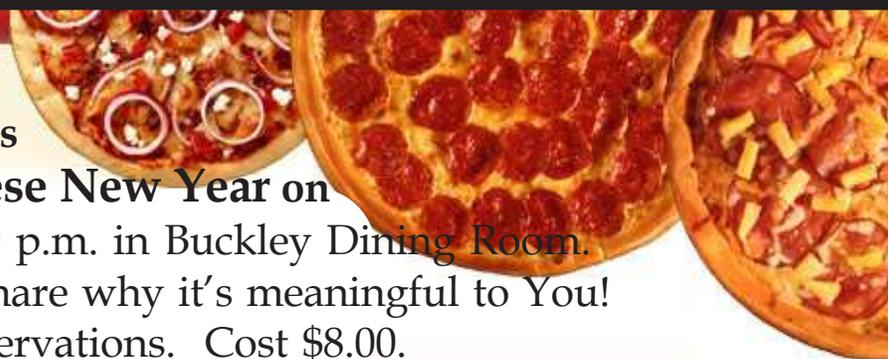
Stories, Memories, Histories

Pizza & A Taste of Chinese New Year on

Saturday, January 28 at 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.





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

Tuesday, January 10 is “Diversity” Too Diverse? Jean Ketter, Grinnell College Senior Faculty and Associate Professor of Education. 2:00-3:30 p.m.

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 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.

Craft Room/Woodworking Shop Usage

To all who wish to use one of these rooms:

If you would like a work-space in one of these rooms to call your own,

If you would like to have a place to store your supplies;

If you would like to work there just once in a while and bring your own supplies with you - Come to a meeting on **Monday, January 16 at 2:00 p.m. in the Craft Room** - We will see who needs what and make assignments.

Need more info? Call Netia at 236-4757.





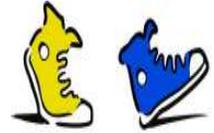
MAYFLOWER BELLS

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

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, 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 **January 9** 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 9 Harwich Terrace Southeast, Watertower 1, Buckley 3
January 16 Harwich Terrace East, Pearson, Montgomery, Buckley 2
January 23 Altemeier, Edwards, Harwich Terrace North

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

January 8 - Pizza Ranch

"Eating out is fun"

AT THE TABLE

We gather at the table, 2...4...6...8...

There's room for one more; don't eat alone.

Chit-chat begins: Is Trump really President to be?

Our server arrives, takes our order, I hear a groan.

"Change the subject!" Heads nod, all agree.



We evaluate the weather. "it isn't like it was in '64"

There was so much snow and with it blowing

Drifts everywhere, schools closed, even the mail delayed

Guess we finally got to the grocery store, after toiling

With shovel and blower, Each account, a hero made.

Enough of '64 and the olden days. Talk turned to the mundane:

There sat one with a bald head, obviously by choice, why?

It's the style for the young. We also heard about a new treatment for gout,

Non-sleep, the results of improper diet over time, by and by.

Enough about our aches pains, and pills...Hallelujah, I wanted to shout

And so each lunch is different, different issues, different people

We laugh, reminisce, might be serious, spill the food or drink

Whatever happens promotes our well-being, brightens our day

Friendship and caring are hallmarks always present and just think

How dull life would be if this table were taken away.

Beryl Wellborn

December, 2016