

Mary Long	Feb 5	Gretchen Isenberg	Feb 16	Don Pederson	Feb 17
Irene Engelmann	Feb 5			Addy Hanson	Feb 19
Laurel Keller	Feb 5		Dorothy Williams	Feb 21	
Dan Agnew	Feb 6		Leo Lease	Feb 24	
Gordon Packard	Feb 15		George Drake	Feb 25	
Elaine Noe	Feb 16		Catherine Rod	Feb 26	
Bill Tinker	Feb 16		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:*



February 7 Rev. Fred Berry, Immanuel Lutheran Church
February 14 Sue Drake, 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: *In Such Good Company*, Carol Burnett brings back memories of the weekly variety show that was a hit for eleven years. Carol reminisces about the outrageously funny and tender moments that made working on the series as much fun as watching it. She details hiring Harvey Korman, Vicki Lawrence, Lyle Waggoner, and Tim Conway. This book is Carol's love letter to a golden era in television history through the lens of her brilliant show.

Recent Acquisitions:

- The 100 Year Old Man Who* by Jonas Jonasson
- The Girl Who Saved* by Jonas Jonasson
- The Genius of Birds* by Jennifer Ackerman



All-Residents Neighborhood Meeting. Wednesday, March 8th; 3:00 p.m. Refreshments to follow. Mayflower Homes, Inc. Trustees Board President, George Drake, and Executive Director, Bob Mann, will share current status and plans for The Mayflower Community.

Correction: Grinnell College Partnerships. In my last column, I listed Grinnell College faculty and student advisors living at Mayflower. Add to my list Chris Hunter. I apologize for the oversight.

Guest Room Remodel. With the encouragement of a gift pledge, Mayflower has decided to remodel our dated guest room #1 in the lower level of Pearson (across the hall from the Mini-Gift Shop). It will be closed most of the month of February for the work. During that time, Buckley #312 will be used as a guest room.

Fireside Room. The cozy meeting space on the 2nd floor of Health Center, formerly named the Spiritual Care Center, has now been renamed the “Fireside Room,” in recognition of its prominent feature and its broadened use. No longer restricted to clergy, meditation, and deep conversation, the space can be used for sedate gatherings—healing meetings, families, respite, time alone, counseling, dining, and other purposes.

When the Fireside Room is not in use, feel free to sit. Reservations have priority. It is reserved through Spiritual Care Coordinator, Christine Tinker (641-990-9062 or ctinker@mayflowerhomes.com).

Sitting vs. Exercise. A recent study reported in the *American Journal of Epidemiology* results from following 1,480 women aged 64 to 95. Sedentary older women have cells that are eight years older than their counterparts who exercise. The best results came with women who had 40 or more minutes of moderate to intensive physical daily activity.

Sit for long periods in your favorite chair? Or, take part in Mayflower and off-campus activities? Our Obermiller Center is beautiful, quiet, and full of a variety of equipment that you can use for regular exercise. If you are new to that kind of equipment, contact our Wellness Director, Georgia Plumb (990-1445), for assistance.

Mayflower Shopping Assistance. Given that a number of residents have given up their cars and that the weather has not been welcoming, keep these grocery solutions in mind:

- Wednesday Lester the bus rides – Every Wednesday at 1:30pm a thoughtful Mayflower volunteer driver picks up residents in the Beebe Circle and at the Pearson lobby. Depending on the wishes of the passengers, Lester makes stops and later pick-ups at McNally’s, Fareway, Hy-Vee, and Walmart.
- Wednesday Hy-Vee grocery orders – Using a shopping list provided in the Pearson and Buckley 2nd floor lobbies, residents can order groceries from Hy-Vee that are selected and bagged for Mayflower volunteers to pick-up and deliver. The grocery charge will be included on the next monthly statement.
- Mayflower kitchen – Located on the Buckley first floor, our kitchen can provide basic foodstuffs to residents who have been unable to get to the store.

Loneliness. Okay. Now, some mental health thoughts. Yes, mental health is vital to all of us. As we age, one of the detriments can be “senior isolation.” This “...is defined as a feeling of emptiness, deprivation, or sadness. It is estimated that one in five adults over age 50 are affected by isolation. It can lead to serious consequences, such as loss of independence, eating disorders, depression, sleep problems, and higher rates of disease.” (*NEighborhood News*, December 2016)

Senior isolation is worse, of course, for people who live at home alone. However, it can happen with Mayflower residents. To avoid being a victim or having a friend or neighbor affected, get out! Invite someone to join you for a meal, or a walk, or exercise, or an activity. Don’t miss the next residents’ Story Circle!

Bob Mann
Executive Director
(bmann@mayflowerhomes.com)



BUCKET COURSES

Wednesday, February 8 - Iowa Senior District Court Judge Stephen Carroll will

present a one-session class entitled "The Fourth Amendment: Search, Seizure, and Surveillance in an Age of Advanced Technology."

The class will be held from 10 am to 11:30 am at the Caulkins Room of the Drake Community Library. It is open to all in the community; there is no charge for attendance, and no prior registration is required.

In examining the 4th Amendment to the Constitution, Judge Carroll will survey the history of search and seizure and the development of the amendment. He will then focus on the surveillance of citizens that intensified after 9/11. Judge Carroll will review cases that have limited the ability of the US government to survey American citizens. He will then consider the scope of corporate and government surveillance in modern America.

No preparation is necessary for attending this course, but people may wish to read the 4th Amendment of the Constitution (which can be found on the Bucket Course web site <http://www.grinnellcecbucketcourses.org/current-upcoming-courses.html>). They could also watch the 2016 Oliver Stone film "Snowdon" as well as the documentary "Citizen 4."

A four-session Bucket Course offered by Grinnell Family Physician Dr. J.R. Paulson will focus on "The Evolution of Health and Disease."

Dr. Paulson will examine how the health system is adapting to the rapid changes in healthcare and disease. He will explore whether modern medicine is keeping up.

The sessions will occur on four consecutive Wednesdays: February 15, February 22, March 1, and March 8. Each session, in the Caulkins Room at the Drake Community Library, will begin at 10 am and end at 11:30 am.

The course is open to all; a registration fee, payable at the first class, is \$15. People may register for the course on the website <http://www.grinnellcecbucketcourses.org> beginning on February 1. Class size is limited to 100.

Dr. Paulson points out that much has changed since the days of Hippocrates, whom many credit with the beginning of western medicine. Recent breakthroughs have heightened our optimism about the power of modern medicine. The invention of CAT scans, MRI's, and genetic engineering have sparked major diagnostic breakthroughs. The creation of a huge pharmaceutical armamentarium has allowed us to fight many diseases that in the past were often fatal. New discoveries seem just over the horizon.

For more information about the Bucket Courses, contact Joanne Bunge at 236-5321 or email her at jbunge@bungefarms.com.

Coming Attractions



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

****Movie Swap****

February 4 - Suffragette - A drama that tracks the story of the foot soldiers of the early feminist movement, women who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal State. Starring Anne-Marie Duff, Geoff Bell & Carey Mulligan. Rated PG-13 for some intense violence, thematic elements, brief strong language and partial nudity. 106 Minutes - Biography/Drama/History.

February 11 - Florence Foster Jenkins- Florence Foster Jenkins, an heiress from NYC always wanted to be a concert pianist and play Carnegie Hall. An injury in her youth deterred that dream. So she sets out to sing her way to Carnegie Hall knowing the only way to get there would be "Practice Practice Practice". Her husband supports her venture and the true story of Florence Foster Jenkins playing Carnegie Hall becomes a truly historic event. Starring Meryl Streep, Hugh Grant & Simon Helberg. Rated PG-13 for brief suggestive material. 111 Minutes - Biography/Comedy/Drama.

February 18 - The Letters - A drama that explores the life of Mother Teresa through letters she wrote to her longtime friend and spiritual advisor, Father Celeste van Exem over a nearly 50-year period. Starring Juliet Stevenson, Max von Sydow & Rutger Hauer. Rated PG for thematic material including some images of human suffering. 114 Minutes - Drama.

SATURDAY NIGHT PIZZA BUFFET

FEBRUARY 18

5:00 P.M.

BUCKLEY DINING ROOM



**YOU MUST SIGN UP BY CALLING DINING SERVICES
AT 236-6151 EXT. 216 - OR USE THE SIGN-UP
SHEETS IN BUCKLEY 2ND OR PEARSON OFFICE**

Music in the Carman Center

Wednesday, February 8 at 3:30 p.m.

Jerry Beauchamp is back with his accordion to play for you

Thursday, February 9 at 7:00 p.m.

Lyceum in the Carman Center will be Professors Gene & Nancy Gaub, with the music of Mozart, Brahms and Dvorak, "Love, The Magician"

Sunday, February 12 at 3:00 p.m.

A Musical Recital with Royce Wolf

Everyone is Welcome!

Chair Yoga - Tuesdays & Thursdays at 11:15 a.m.-noon in the Carman Center. Contact Kim Wemer if you're interested in the February/March Session but have not yet signed up. Email: kls69@gmail.com.

Trip to the college basketball games - 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.

Book Club - Friday, February 17 at 1:00 p.m. in the Game Room will be *Hillbilly Elegy* by J.D. Vance.

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.

Know Your Rights - Thursday, February 23 at 2:00 p.m. in Kiesel Theater. Presentation and Q & A with Andrew Cedzerdahl, Attorney for Iowa Legal Aid. Learn more about Power of Attorney, Guardians, Conservators, and Avoiding Financial Exploitation. Refreshments served.



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, 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.

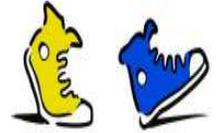
The concept of diversity encompasses acceptance and respect. It means understanding that each individual is unique, and recognizing our individual differences. These can be along the dimensions of race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious beliefs, 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

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 **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

- 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

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

- February 5 - Chuong Garden
February 12 - Pizza Ranch
February 19 - Chuong Garden
February 26 - Pizza Ranch

"Eating out is fun"

*FOR YOUR
INFORMATION*

Landkamers' Books

Shelves in the Buckley dining room now hold a variety of appealing books. They are a gift to the Mayflower Community from the Leo Landkamer family, who hope that these volumes will find new homes with Mayflower readers.

Among the offerings are handsome art books -- Rodin, Picasso, Turner; popular fiction -- John Grisham, James Patterson, Patricia Cornwell; and literary works -- Margaret Atwood, William Safire, Truman Capote. Some are signed first editions.

As these volumes are taken, others will appear: Leo and Joan's collection is a large one. Please browse the shelves (which Scott Gruhn has generously made available), find a favorite, and take it home.

Wanted - Helpers Who are Not Afraid of Technology

The MRA is looking for a few good men or women who would be willing to learn how to operate the sound system in the Kiesel Theater for programs offered by The Forum Committee. We would train you in the various microphones that are there, show you how to turn on and off the system, and show you how to help the participants get set up with the equipment they will use in their presentations. This would be a great help to the entire Mayflower Community. If you would be willing to learn this technology and are willing to spend about an hour each month volunteering to be a resource person, please let Karen Phillips know. 236-8114.