

Jeanette Tisdale	Mar 4
Phyllis Saunders	Mar 4
Zona Jones	Mar 5
Beverly Starrett	Mar 9
Orlan Mitchell	Mar 13
Vicki Sopher	Mar 13
MaryAnn Ringgenberg	Mar 13
Judy Hunter	Mar 14
Sara Adams	Mar 15

Eloise Raffety	Mar 15
Bonnie Buntz	Mar 15
Karen Packard	Mar 17
Arnold Adelberg	Mar 17
Sylvia Dixon	Mar 18



Jean Libbey	Mar 18
Bob Myren	Mar 21
Arthur Heimann	Mar 23
Ramon Gruhn	Mar 24
Phyllis Goldman	Mar 25
Janice Lovig	Mar 25
Thomsa Haas	Mar 28
Doris Vander Leest	Mar 28
Norman McCombs	Mar 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:**



**March 7 Selva Lehman, Mayflower Resident**

**March 14 Donna Ricks, Presbyterian 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: A Great Reckoning** is Louise Penny's twelfth book in eleven years about the prowess, wisdom and compassion of Armand Gamache. Having stepped down as Chief of Homicide for the Surete de Quebec, Gamache has assumed the position of Commander of the Surete Academy. In this complex story, the author introduces Amelia Choquet, an improbable Academy recruit whose relationship to the Commande raises questions about Gamache's past. Louise Penny's twelfth mystery about the heroic and brilliant detectives and the residents of the Village of Three Pines will enthrall and delight.

**Night School** by Lee Child is one of the latest of his Jack Reacher intrigues. Reacher is given a medal for solving his last mystery and he is immediately told he needs to go to night school. He discovers it is not really a school, but it is his next assignment as a special agent in the army. He is teamed up with an FBI agent and a CIA analyst. Their mission is to work together on a special project in Germany. This is a fast paced good mystery in Lee Child's usual style. Can they, indeed work together as a team?

**New Acquisitions:** *I Capture the Castle* by Dodie Smith, *Dog Gone* by Paula Toutonghi and *The Stranger* by Harlan Corben

## Mann Missive

Compliments. We often receive written appreciation for the care we are providing to healthcare residents. A recent one said, "Thank you for allowing (her/him) such a great place to be." Another complimented our "telehealth" service available with Dr. Robert Bender, Des Moines MD geriatrician specializing in memory care, "I believe this is a great way to see a doctor for these types of issues with (older) people. Great addition to Mayflower's list of value-added reasons to live at Mayflower." Yep.

Flu and Scams. It seems that upper respiratory infections and telephone scams are year-round occurrences. There are a significant number of fraudulent activities taking place in Iowa—telephone, e-mail, text, mail, romantic, financial, government benefits related. In short, if someone initiates contact with you, and you don't know her or him, take some time before doing anything other than terminating the contact. Ask a friend or your banker to help you evaluate the event.

Often, money is not initially requested. Unless you know the caller or she/he is following up on an inquiry initiated by you, don't provide any private information: Social Security, Medicare, bank account numbers; medical information; addresses, phone number. At the most, get a phone number to call back.

How to stay healthy and avoid the flu? WASH YOUR HANDS all the time. Warm water. Scrub. Sing "Happy Birthday" twice (to yourself!). Drink plenty of fluids and get adequate rest and exercise.

Resident Safety. If you are living alone, please consider using a Code Alert to seek nursing assistance if you have an episode in your Mayflower home. Keep the Code Alert handy. If you choose not to sleep wearing it, consider this: Your most likely usage will be from the floor between your bed and the bathroom. So, consider putting it on the floor for the night!

Remember, a health episode that is not treated quickly could result in long-term physical problems. Contact someone when you have symptoms of any kind.

Walker Talker. After using a walker to navigate our campus for about seven months, I think I have some expertise on the subject. Here are some of my take-aways:

- Don't hesitate to use a walker. It provides you with more walking range and safety.
- Make sure it is fitted to you. Initially, my handles were too short, causing me to walk in a slump. With the encouragement of resident Beryl Clotfelter, who had been through the same issue, I consulted one of our physical therapists who fitted it to me.
- Take your time. If you find the walker weaving from side to side as you walk, you may be pushing it faster than your balance can handle. Do not try to "out walk" Bev Rankin. She can't be beaten; I know from personal experience!
- Watch where your wheels are clearing walls and furniture. The walker base is wider than your footprints. We already have plenty of scratches to repair!
- When parking your walker, make sure the wheels are not extended into walking paths. Many of us have stumbled over parked walkers.
- In dining and meeting rooms, park your walker to the outside edge, if possible. Ask someone for assistance in parking and retrieving, if necessary.
- Provide door clearance in getting on and off elevators. Elevator etiquette: Riders leave before waiting users board.

Bob Mann

Executive Director

[bmann@mayflowerhomes.com](mailto:bmann@mayflowerhomes.com)

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

# Documentary & Discussion Series

## Documentary & Discussion

"America's Generations: The Boomers - Born 1946-1964"

Tuesday, March 7 at 6:00 p.m. Kiesel Theater

The Baby Boom Generation, born from 1946 to 1964, came of age during the head-spinning 1950's, 60's, 70's, and the early 80's. The times and teachings of their youth burn into their core values of idealism, empowerment, social activism, ethics, career drive, "forever young" and live-life-to-the-fullest.

When their parents and grandparents save the world and then build the greatest nation in the history of the planet, what else would you expect?

This DVD only begins to tell the Boomer's story. Discuss it with them and let them fill in the rest!

## CALL for MAYFLOWER GARDENERS

"Old McMayflower has a farm, down on 2<sup>nd</sup> Avenue!" As the mercury will start to revisit the 60 degree plus range on a more regular basis, our thoughts of spring become something more than "wishful thinking" and so, in response, this is the call for all "want-a-be" Mayflower farmers to reserve a growing plot(s) in our Community Garden. The Community Garden is divided into two sections (a north and a south section) with a 4 foot path between them running east and west. Each section will be divided into 13 four foot by twelve foot plots plus 1 three foot by twelve foot plot. This means there will be a total of 28 plots available. If interested, please e-mail: [gsadams@iowatelecom.net](mailto:gsadams@iowatelecom.net) or call Gerald Adams @ 641-260-0812 by Friday, March 31. Please include the number of plots you would like. The plots will be laid out and marked with your name as soon as the garden is ready.



# Coming Attractions



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

**March 4 - Some Like it Hot** - When two Chicago musicians, Joe and Jerry, witness the St. Valentine's Day massacre, they want to get out of town and get away from the gangster responsible, Spats Colombo. They're desperate to get a gig out of town but the only job they know of is in an all-girl band heading to Florida. They show up at the train station as Josephine and Daphne, the replacement saxophone and bass players. They certainly enjoy being around the girls, especially Sugar Kane Kowalczyk who sings and plays the ukulele. Joe in particular sets out to woo her while Jerry/Daphne is wooed by a millionaire, Osgood Fielding III. Mayhem ensues as the two men try to keep their true identities hidden and Spats Colombo and his crew show up for a meeting with several other crime lords. Starring Marilyn Monroe, Tony Curtis & Jack Lemmon. 120 Minutes - Comedy/Romance - Not Rated.

**March 11 - Sully** - The story of Chesley Sullenberger, an American pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew. Starring Tom Hanks, Aaron Eckhart & Valerie Mahaffey. Rated PG for some peril and brief strong language. 96 Minutes - Biography/Drama.

**March 18 - Moby Dick** - This classic story by Herman Melville revolves around Captain Ahab and his obsession with a huge whale, Moby Dick. The whale caused the loss of Ahab's leg years before, leaving Ahab to stomp the boards of his ship on a peg leg. Ahab is so crazed by his desire to kill the whale, that he is prepared to sacrifice everything, including his life, the lives of his crew members, and even his ship to find and destroy his nemesis, Moby Dick. Adventure/Drama



Thursday, March 16 in the Buckley Dining Room

5:00 p.m. - Wine & Appetizers



5:30 - Buffet Meal with Chicago Style Foods

RSVP at 236-6151 ext 216 by March 13

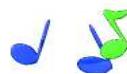


Cost \$10.00

**World Day of Prayer - Friday, March 3** at noon in St. Mary's Catholic Church. The speaker will be Sharon Quinsaat, visiting assistant professor, Sociology Department, Grinnell College. 

**All-Residents Neighborhood Meeting - Wednesday, March 8** at 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.

**Lyceum - Thursday, March 9** at 7:00 p.m. in Carman Center will be Fred Buck and his Banjo Students.



**Senior Education Program - Monday, March 13** will be lessons from the Harp, with Kristen Maahs, Harpist and Grinnell College Instructor of Harp. Drake Community Library from 10:00 - 11:00.

**Presentation on Pre-Arranging Funeral Services - Wednesday, March 15** at 3:00 p.m. in Carman Center.

**Story & Memory Sharing - Thursday, March 16** at 2:00 - 3:00 p.m. in Carman Center. Reminisce with friends about your favorite former Grinnell businesses. Let us record your stories for future Grinnellians. Open to all!

Map of things no longer here: Grinnell Small Businesses. An art and story collaboration between Grinnell Historical Museum and Grin City Collective - Six visiting artists, 163 years of history. The group is collecting personal stories and memories of working at, owning, or shopping in Grinnell's former businesses.



**Book Club - Friday, March 17** at 1:00 p.m. in the Game Room will be *A Dog's Purpose* by W. Bruce Cameron. Everyone is welcome!

## THE FORUM

**Tuesday, March 14 at 2:00 - 3:30 p.m. in Kiesel Theater**



Speaker Rachael Kinnick  
Director, Grinnell Chamber of Commerce  
"What Does the Future Hold for Grinnell?"





## BUCKET COURSES

The Salem Witch Trials will be the topic of a free Bucket Course lecture on Wednesday, March 15. The presenter will be Kathy Wilson, a historian and educator who lives in Marion. The talk is being presented in cooperation with the Grinnell Historical Museum, titled "The Devil Has My Consent: The Real Story of the Salem Witch Trials." The program will focus on the stories behind the witch trials and what they reveal about colonial America. The talk will be held from 10:00 - 11:30 a.m. at the Drake Community Library. There is no fee and advance registration is not required.

### T.V. Viewing

About two weeks ago, Mediacom, our cable T.V. provider, changed channel settings. Once we determined that had happened, our Facilities staff began to assist residents in reprogramming T.V.s in order to pick up all available stations. If you have been unable to get some stations, you probably should reset your channels. Follow these steps with our remote control: 1) "Menu," 2) "Select Channels" (or something similar), 3) "Manage Channels" (or similar), 4) "Auto Program," 5) "Yes." Once started, the process could take 15 to 20+ minutes. When reset, our favorite channels may not have changed. For example, CNN may still be 53.1 or it might now be 73.1; ABC might be 5.1 or 82.4. If you continue to have problems, please file a work order.

Thank you.

Bob Mann



### Hy-Vee Aisles On-line Grocery Service

The Process is Easy - even if you're technologically challenged simply create an account and search for the items you need (everything from cough syrup to fresh meat, toilet paper, baked goods or bottled water) and add them to your "cart." Then choose your store and time for delivery (Monday through Sunday, 9:00 a.m. - 8:00 p.m.)

Photos of items include the ingredients list and nutritional value in the on-line "aisles."

Each order placed on-line is assigned a Personal Shopper, who reviews your order preferences, and hand selects exactly what you want. Your order is placed into a specialized insulated tote and stored in a climate-controlled area until sent for delivery.

Sales or special promotions are specially marked on each item just as they are in the store.

**Cost** - Grocery orders of \$100 or more are free. Under \$100 is \$4.95. Tipping is not required but accepted only if you wish to do so.

**Note:** Contact Anne Sunday if you have questions about the process. In the near future we hope to provide a class to help with learning to shop on-line for those who may want it, as part of our activities program.      *Anne Sunday*



## MAYFLOWER BELLS

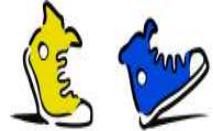
Monday at 1:00 p.m. in the HC Conference Room

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## WEEKLY WALKING GROUP WITH GEORGIA

Meet at the Obermiller Center

Monday & Thursday mornings at 8:30 a.m.



**EVERY MONDAY - 2:00 p.m.** TABLE TENNIS in Sports Room. LL HC - men's

**EVERY MONDAY - 3:30 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 **March 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.

## Neighborhood Groupings

- |          |  |
|----------|--|
| March 6  | Buckley 1st, Watertower 2 & 3, Harwich Terrace South |
| March 13 | Harwich Terrace Southeast, Watertower 1, Buckley 3   |
| March 20 | Harwich Terrace East, Pearson, Montgomery, Buckley 2 |
| March 27 | Altemeier, Edwards, Harwich Terrace North            |

## Sunday Night Dine Out - March 5 at 5:00 p.m.

If you plan to go, please contact Anne Sunday (236-9041 or [annesunday624@gmail.com](mailto:annesunday624@gmail.com)) by noon Sunday. We need a count to give to Chuong Garden and to plan for drivers. Thank you!

*Anne Sunday, Independent Living Activities Coordinator*

*Eating out is fun*



Is it hard to spot your walker among all the look-alikes across the expanse of the dining room? Luggage tags in five bright neon colors for just \$1 are available to make yours stand out from the rest. Order one from Velna Kolodziej or call 708-383-9296. As the name implies, they work the same magic on your black suitcase among all those other black suitcases on the train or plane! Profits will go to the Human Needs fund when we sell out.

*Velna Kolodziej*



Mayflower Treasure Chest for the month of March is Art Heimann's tour through Japan. Come and check out this interesting and fun display!

