

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 21** Muriel Johannssen, Lutheran Associate in Ministry
March 28 Rev. Shane Estes, 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 Black Widow* by Daniel Silva (LP) is a 2016 novel of terrorism. Legendary spy Gabriel Allon trains a young Israeli woman to pose as an ISIS recruit. Silva includes a lot about ISIS and seems to have been prescient in writing of a bombing in Paris and activities in the Molenbeek section of Brussels. A timely story, alas.

Moonwalking with Einstein (The Art of Remembering Everything), by Joshua Foer centers on the U.S. Memory Champions but also reminds the reader that before writing was developed everything was committed to memory.

As a science journalist, Foer was assigned to cover the U.S. Memory Championship and became fascinated with the processes used by the competitors. Foer reassures the reader that one doesn't need to acquire a better memory -- we just need to use the one we have more effectively.

New Acquisitions:

- Boar Island* by Nevada Barr
- Paris For One* by Jojo Moyes
- The Broker* by John Grisham - Large Print



Mann Missive

Move to Mayflower? Justin Worland wrote in the February 16, 2017 *TIME Health* newsletter, “Experts say that as baby boomers get older, the demand for older-adult-friendly apartments will outstrip the supply. Many able-bodied and healthy older adults are choosing to move into apartment complexes tailored for the needs of older adults. They have wide hallways, ramps, and accessible showers, for instance, as well as social activities and even a restaurant on site.” (The Buckley and J&B bistros are restaurants!)

Lock Your Doors...Please. Fortunately, we have not had an issue with petty theft on the Mayflower campus, but Grinnell police tell us that is the most common crime in Grinnell. Please be safe by keeping your doors locked, whether or not you are home. If you are concerned about being locked out, we will be happy to make you a key to give to a neighbor, friend, or family member.

Calling for Nursing Assistance. If you need a member of the nursing staff to come to your home for a non-medical emergency, call Mayflower (236-6151) and ask for “Nursing Assistance.” (For a medical emergency, call 911.) After hours, touch “4” as soon as the recording starts on phone number 236-6151. If you ask for a specific staff member and leave a message in that person’s absence, it could be a day or more before she/he responds.

Mayflower Must Be Special. Recently, a former management staff member who has worked for other nursing facilities, sent me an e-mail. This person was recognizing the Mayflower experience. “I [wish] to express my appreciation to all of the people who have committed themselves to Mayflower. It is truly a unique and wonderful place. I’ve seen the flip side in the past [few years], and it is not how healthcare was meant to treat society.”

Charlie Manly Death. Former Buckley and Health Center resident, Charles (Charlie) Manly III, 67, of Spirit Lake died on March 7, 2017. He had suffered for a number of years with M.S. and, according to his mother Bernie, died peacefully in his sleep.

Rhonda Whitehead Retires...All the Way! Rhonda initially retired from her Pearson receptionist position in December, 2015. However, she agreed to retain her weekly newsletter/calendar and menu work. As of our next newsletter, March 31st, Rhonda will relinquish those duties in order to get more personal time. She is a Harwich Terrace resident and has given us many years of thoughtful and diligent service.

Newsletter/Calendar Editor. As of now, we do not have a replacement for Rhonda Whitehead for this work. Therefore, there may not be a bi-weekly newsletter for a while.

“What Are They Doing to the Building?” We are updating the façade of the Pearson building with new window casings and new vinyl siding to cover the old steel siding. No brick will be covered. The current beige color is just the primer. The siding and trim will be painted an off white, but not the same color as Watertower across the street.

Resident Move-Ins. Residents who have recently moved into Mayflower apartments are Dick and Sis Vogel to Watertower Square #302 from Grinnell and Bob and Linda Myren to Edwards #9 from Nashua Iowa.

Bob Mann

Executive Director

bmenn@mayflowerhomes.com

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

Community Lenten Services

March 22 United Methodist Church by Rev. Wendy Abrahamson
March 29 St. John's Lutheran Church by Rev. Harley Schull
April 5 First Presbyterian Church by Rev. Dondrea Walker
April 14 St. Paul's Episcopal Church by Fr. Ron Hodges



The Mayflower Van will be going to all Community Lenten Services. Each service begins at 12:10, is usually about 30 minutes, and there is a lite lunch following except for April 14 which is Good Friday.

The van will pick up at Beebe Circle, Pearson Circle and Watertower Square at 11:45 a.m.



Discover Columbus Junction, Iowa

Lester Bus Field Trip - April 25

Columbus Junction may have more immigrants per capita than any other Iowa town. More than half come from Spanish-speaking countries. Twenty percent fled persecution in Myanmar (formerly Burma). Others arrived from Togo and the Congo.

This has been good news for the life of this small town! The vitality of Columbus Junction is credited to the entrepreneurial spirit of the many immigrants and the kindness and welcoming spirit they've encountered in their new community.

We have scheduled a field trip on the Lester Bus for Tuesday, April 25 - departing Grinnell at 9:30 a.m. and returning about 4:00 p.m.

Activities will include a panel discussion about immigration and the cultural diversity of Columbus Junction, followed by lunch at either the Burmese or Mexican restaurant.

If you have questions, or to register please contact Independent Living Activities Coordinator, Anne Sunday at 236-9041/319-290-9181 or annesunday624@gmail.com. A \$15.00 transportation fee to ride the bus is due by April 17. There is also a sign-up sheet in Pearson Lobby on the Activities Desk.

Coming Attractions



Mayflower Matinee Movies

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

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. Starring Gregory Peck, Richard Basehart & Leo Genn. 116 Minutes- Adventure/Drama - Not Rated.

March 25 - The Man Who Knew Infinity - The story of the life and academic career of the pioneer Indian mathematician, Srinivasa Ramanujan, and his friendship with his mentor, Professor G.H. Hardy. Starring Jeremy Irons, Dev Patel & Malcom Sinclair. 108 Minutes - Biography/Drama - Rated PG-13 for some thematic elements and smoking.

April 1 - The Graduate - Ben has recently graduated from college, with his parents now expecting great things from him. At his "Homecoming" party, Mrs. Robinson, the wife of his father's business partner, has Ben drive her home, which leads to an affair between the two. The affair eventually ends, but comes back to haunt him when he finds himself falling for Elaine, Mrs. Robinson's daughter. Starring Anne Bancroft, Dustin Hoffman & Katharine Ross. 106 Minutes -- Comedy/Drama - Not Rated.

MRA Directory Consent Forms

Please look for a letter with a consent form on the back which will help the MRA officers begin to develop the on-line directory, a project that was described at the last town hall meeting. These letters have been placed in each neighborhood mail area, as well as in the Harwich Terrace individual mail slots. We would like a signed form returned by every Mayflower Independent Living Resident, whether you want to be listed in the on-line directory or not. The consent form allows you to indicate the amount of information you choose to have listed. The directory will be password protected, and all the information is already easily available in paper form in your Welcome Home notebook. This just gives residents another way to search for other residents here in the community. If you have any questions, please call Ed or Karen Phillips (236-8114) or Kent or Katherine McClelland (236-7002). The completed forms should be returned to a box in the Pearson office. Thank you!



Karen Phillips

Book Club - Fridays at 1:00 p.m. in the Game Room - **March 17** - *A Dog's Purpose* by W. Bruce Cameron. **April 21** - *Lincoln in the Bardo* by George Saunders. Everyone is welcome! 

Pancake Breakfast on **Saturday, March 18**, from 8:00 - 11:00 a.m. at the First Presbyterian Church. Tickets are \$5.00 and are available at the door. Proceeds will go to the MICA Food Pantry and Take Away Hunger. Lyle will drive the Lester Bus with pick ups from 9:00 - 10:00 a.m. at Beebe, Pearson & Watertower.

Ronnie Burgess plays Keyboard and Guitar and sings Classics to Country on **Wednesday, March 22** in the Carman Center at 3:30 p.m. Come and be entertained! 

Lyceum - **Thursday, March 23** at 7:00 p.m. in Carman Center will be High School Music Students.

Saturday Pizza Night on **March 25** at 5:00 p.m. in Buckley Dining Room. You must make a reservation in order to attend - call Dining Services at 236-6151 ext 216 or use the sign up sheets in Pearson and Buckley Lobbies. Join us for fellowship and good food made by Scott and Staff. 

The Forum on **Tuesday, March 28** at 2:00-3:30 p.m. in Kiesel Theater will be "What Does the County Attorney Do?" with speaker Rebecca Petig (Grinnell College '97), Poweshiek County Attorney

Senior Education Program - **Monday, April 3** will be **Understanding Your Choices for Medical Treatments with David Isch, Insights for Medical Decision Making.** Drake Community Library from 10:00 - 11:00.

MRA Executive Council Meeting **Monday, April 3** at 2:30 p.m. - meets in the Health Center Conference Room.

Documentary & Discussion on **Tuesday, April 4** at 6:00 p.m. in Kiesel Theater is a presentation on Generations: GEN X 1965-1984.

MRA Town Meeting **Monday, April 17** at 2:00 p.m. in Carman Center. All Mayflower residents are encouraged to attend. 



Save the Date - May 6 for the Kentucky Derby Party!
4:30 p.m. in the Buckley Dining with Mint Juleps & Snacks being served. 5:30 p.m. will be the Race in Kiesel Theater! *More info to follow in next Informer*

CALL *for* MAYFLOWER GARDENERS

"Old McMayflower has a farm, down on 2nd 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 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.



BUCKET COURSES

The connection between history and literature in the German-speaking world over the last 2,000 years will be the subject of the next Bucket Course.

Titled "German History and Culture Through the Eyes of Literature," the four-session course will look at writings from the time of Germanic tribes through the turbulent twentieth century and up until the present day.

The presenter will be Sig Barber, professor of German at Grinnell College. Barber holds B.A., M.A. and Ph.D. degrees from the State University of New York, Albany. **The four classes will be held Wednesdays March 22 & 29 and April 5 & 12** from 10:00 to 11:30 a.m. at the Drake Community Library. Tuition, payable at the first class, is \$15. To register for the class, go to www.grinnellcecbucketcourses.org.

The course will conclude with an examination of the major literary trends in the postwar period and the diverse multicultural face of present-day Germany.

The Bucket Courses are sponsored by Grinnell's Community Education Council and are open to everyone in the community. Because of space limitations, registration is limited to the first 100 people who sign up.

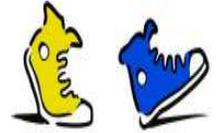
Registrants are encouraged to arrive by 9:30 a.m. on the morning of the first class. For more information about the Bucket Courses, contact Joanne Bunge at 236-5321 or jbunge@bungefarms.com.



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 - 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

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 **April 10** 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 20	Harwich Terrace East, Pearson, Montgomery, Buckley 2
March 27	Altemeier, Edwards, Harwich Terrace North
April 3	Buckley 1st, Watertower 2 & 3, Harwich Terrace South
April 10	Harwich Terrace Southeast, Watertower 1, Buckley 3
April 17	Harwich Terrace East, Pearson, Montgomery, Buckley 2
April 24	Altemeier, Edwards, Harwich Terrace North



Easter Sunday on April 16

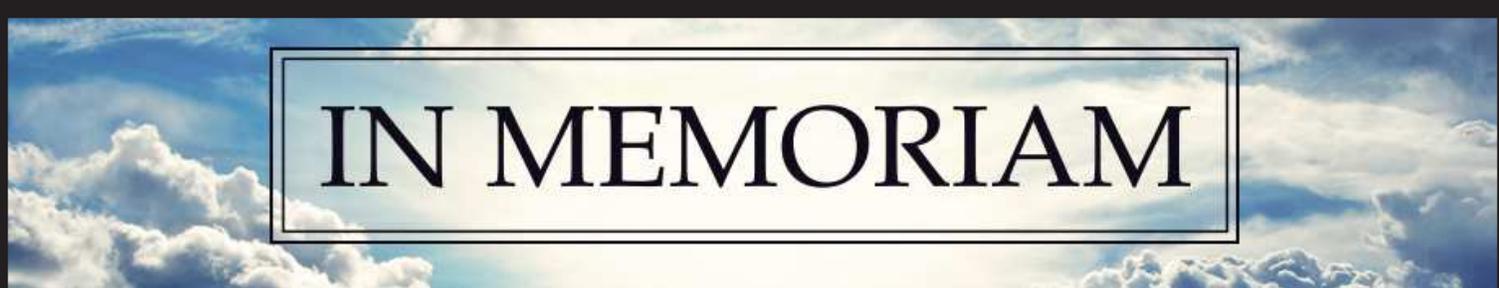
Please call in your reservation to Buckley Dining Room
641- 236-6151 at Ext 216 by Monday, April 10
More info to follow in next Informer

Sunday Night Dine Out - March 19 at 5:00 p.m.

If you plan to go, please contact Anne Sunday (236-9041 or 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

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



IN MEMORIAM

Shirley Conn passed away on March 3 she was 98

Eva Proudfit passed away March 6 she was 81

Richard Ebert passed away March 11 he was 78

Joan Shaw passed away March 14 she was 79