

May Birthdays

1 st Stan Greenwald	8 th Jan Williams	17 th Bill Arms
5 th Dorothy Anderson	Wilma Graden	Joanne Bunge
Diana Long	9 th Alex Moffett	Carolyn Runyan
Rosalie Hartzell	14 th Velna Kolodziej	21 st Doug Cameron
Sig Barber	15 th Marilyn Schuler	22 nd Kathleen Herman
7 th Gayle Strickler, Jr.	16 th Beverly Rankin	24 th Linda Myren
Frank Blazek	Jim Ahrens	25 th Dorothy Christinson
		Mattie Lewis



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:

May 9 Muriel Johannessen, Lutheran Associate in Ministry
May 16 Rev. Del Dawes, Retired Methodist Minister

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

Independent Living Residents Severe Weather Information

An information session will be held at **3:00pm in the Carman Center, Thursday, May 25th** to share with independent living residents severe weather response protocol. Tracy Sadler, Facilities Supervisor, will be sharing some slides and describing available support. Then, Tracy and Bob Mann will answer your questions. Refreshments will be served.

Watch Out for Email Scam

Please be aware of any email asking you to open Google Document's and redirecting you to a Google page. **This is a Phishing Scam!** Here's a link to what Google says is happening:

<https://www.nytimes.com/2017/05/03/technology/personaltech/email-attack-hits-google-what-to-do-if-you-clicked.html? r=0>

Everyone be sure to look at the actual address the email is sent from, in this case demonmailer.com or something like that. **If in doubt, don't open it.**

Mann Missive

New Informer Editor! With the retirement of our long-time *Informer* editor Rhonda Whitehead, we are in transition to a new editor, Elizabeth Haas. She is the Church Administrator for the Grinnell United Church of Christ - Congregational, so will be doing our work as her time permits. You can e-mail her information or questions at ehaas@mayflowerhomes.com. If you have immediate need for information, call our receptionist, Deb Jack (641-236-6151).

The Dawson Guest Room. As the result of gifts given to completely renew (furniture too!) the lower -level Pearson guest room, we are naming it “the Dawson Guest Room.” Jack and Edie Dawson (he deceased and she living in the Health Center) were known in the Grinnell community for their warm hospitality.

Broad/Park Apartments Open House. A task force led by resident Anne Sunday, including residents and staff is planning an apartment Open House for Saturday, May 6th; 10:00am-12:00noon. It will start with refreshments in the Pearson lobby. Five apartments plus the Dawson Guest Room and Mini-Gift Shop will be open for showing. The apartments are in Pearson, Montgomery, Edwards, and Buckley (2). Come and bring your friends and family!

Pearson Building Façade Transformation. The work to replace window casings and siding on the outside of the Pearson building is complete. It still needs to be given its finish coat of paint. But, certainly, you can see that we are coming into the modern world with the Broad Street-view of our building. Similar work with window casings was completed for Edwards and Montgomery a couple of years ago. Staying current!

Mayflower Campus Improvements. With the assistance of the City of Grinnell staff and the approval of City Council, two improvements are in process:

- New sidewalk to the street from the Montgomery building front (west) door and
- Railroad signals at 1st Street, just south of the Health Center.

We are very fortunate to have the on-going, never-wavering support of City Council and staff.

In addition, we are tearing up the walk between the Buckley building and Mayflower Lane, to do some waterproofing of the Buckley/Pearson tunnel and to repair the sidewalk.

Drinking Caffeine Helps Prevent Alzheimer's. According to a study released March 7, 2017 by Indiana University, researchers identified 24 compounds, including caffeine, with the potential to boost an enzyme in the brain shown to protect against dementia. Professor Hui-Chen Lu, who led the study, said, “This work could help advance efforts to develop drugs that increase levels of this enzyme in the brain, creating a chemical “blockade’ against the debilitating effects of neurodegenerative disorders.” (You know that I could not have fabricated that!)

More Scams. Solicitors are not allowed on campus, regardless of what credentials they claim to have. The latest episodes were early morning knocks at Harwich Terrace and apartment doors. If you are uncomfortable, call the police via “911.” During regular hours (8:00am-4:30pm Monday-Friday and 8:00am-noon Saturday), call the Mayflower number (236-6151) and ask for Facilities assistance.

In addition, be on guard for e-mails purportedly from people you know asking for financial assistance because they supposedly have been stranded in another county. The latest claimed to be from a Mayflower resident who was on campus the whole time.

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

CALENDAR OF UPCOMING EVENTS

Mayflower Community Open House on Saturday, May 6 from 10:00 – noon, tours begin in Pearson Lobby. Refreshments will be served.

Kentucky Derby Party on Saturday, May 6 at 4:30 p.m. in Buckley Dining Room; live action and race in the J & B Bistro at 5:30 p.m.

Chair Yoga Class on Tuesday, May 9 at 11:15 a.m. in the Carman Center; **NO CLASS** on Thursday, May 11.

Forum Tuesday May 9 at 2:00 p.m. in Kiesel Theater. Julie Smith, Director of Capstone: *"Issues in the funding and delivery of mental health services in Iowa."*

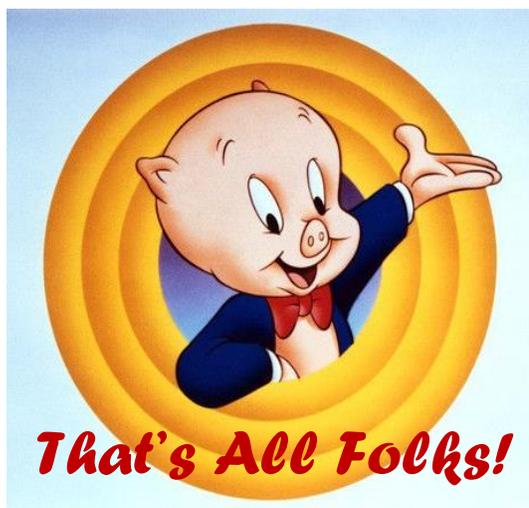
Documentary & Discussion on Tuesday, May 9 at 6:00 p.m. in Kiesel Theater. The film is *America's Generations: THE SILENT GENERATION (Born 1927-1945)*. Discussion led by Harley Henry.

Bucket Course on Wednesday, May 10 from 10-11:30 a.m. at Drake Community Library. This will be the third in a series of four classes with George Drake, Professor of History Emeritus, *Joe Rosenfield and Grinnell College: The Story Of A Man and How He Rescued the College He Loved*. The following **Wednesday, May 17**, will conclude the Bucket Course for this semester.

Music in Carman Center on Wednesday, May 10, at 1:00 p.m. The Central Iowa Christian School will present a program. Everyone is welcome to attend!

Lyceum - Thursday, May 11 at 7:00 p.m. in Carman Center will be more folk music with Mark Schneider and Jon Baumgartner **Thursday, May 18** at 7:00 p.m. Too Many String Band (last program until September)

Book Club - Fridays at 1:00 p.m. in the Game Room – **May 19: *A Man Called Ove*** by Fredrik Backman. All are welcome!



Yes, last Saturday was the last MRA Movie Matinee until September. The Movie Selection Committee already has some new award winning titles in our Netflix queue including *Fences*, *La La Land*, and *Hidden Figures*. And, as always, we plan to show some older, classic movies. The committee will meet in August to build the line-up for the Friday movies shown at 2:00 pm, September – December, and Saturday movies shown at 2:00 pm, January – April. If you have some titles you'd like us to consider, please share them with us. See you at the movies next fall! *The Committee: Jim Ahrens, Rey Evans, Betty Anne Francis, and Warren Reinecke.*

Mayflower Treasure Chest Currently on display in the lobby at Pearson is a collection of porcelain pieces from the Ming Dynasty, 1368-1644, from Joan Brandlandkamer.



New Acquisitions:

A Free Life by Ha Jin

Dangerous Games by Danielle Steel -Large Print

Neighborhood Groupings - Mondays at 12:00 noon in Buckley Dining Room

May 8 Harwich Terrace Southeast, Watertower 1, Buckley 3
May 15 Harwich Terrace East, Pearson, Montgomery, Buckley 2
May 22 Altemeier, Edwards, Harwich Terrace North
May 29 Buckley 1st, Watertower 2 & 3, Harwich Terrace South

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.

MAYFLOWER BELLS

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

Mondays at 2:00 p.m. TABLE TENNIS in Sports Room LL HC - men's
Mondays at 3:30 p.m. TABLE TENNIS in Sports Room LL HC - women's
Wednesdays at 6:30 p.m. GAME NITE in the Anchor - Free ice cream!
Thursdays at 10:00 a.m. TABLE TENNIS in Sports Room LL HC - mixed
Fridays at 9:30 a.m. KOFFEE & KONVERSATION in Buckley Dining Room

Wal-Mart & Grocery Van Trips: The Mayflower van will be making a trip to Wal-Mart, Fareway, McNally's & Hy-Vee each Wednesday at 1:30.

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.



MAYFLOWER COMMUNITY OPEN HOUSE

Saturday, May 6 • 10:00 - Noon

Please join us for a tour of our apartments and
conversation about Mayflower living.
Refreshments will be served.

Tours will begin in Pearson Lobby (616 Broad Street).
Parking is available along Broad Street.



The Mayflower Community
616 Broad Street • Grinnell, IA 50112
641.236.6151 • www.mayflowerhomes.com

Between the Bookends

Jo Baker's novel *A Country Road, A Tree* is based on a period in the life of the playwright, Samuel Beckett. It focuses on his friendship with James Joyce, his life-long relationship with lover, Suzanne, and his search for a way to "be of use" during the desperate years of World War II. Beckett (whose best-known play is *Waiting for Godot* - the setting of which is "a county road, a tree") becomes a member of the French Resistance. He, like so many others, is hungry, cold, and terrified of the Gestapo. And, perhaps worst of all, he cannot write. Still, bleak as it is, this book celebrates human resilience, courage, and "the flow of decency" we all require. --*Betty Moffett*

Atul Gawande has important things to say about medicine. He is a surgeon who writes with compassion and humility about medical and ethical dilemmas in the practice of medicine today. In *Better: A Surgeon's Notes on Performance*, each chapter covers a different topic, ranging from a mother in labor, to a child with cystic fibrosis, to a lawyer who represents patients in malpractice cases. He tells stories that inspire doctors and other medical care professionals to live their profession in a way that makes what they do really matter. One example he gives is the story of Dr. Virginia Apgar. She confronted a situation where losing a child in childbirth was a common experience. And just by inventing a simple score in 1952, she spurred hundreds of little changes that made a huge difference.

Dr. Gawande is considered one of the best medical writers working today, and you will find this book easy to read and rich in fascinating detail. He is the author of four books, including the highly acclaimed *Being Mortal: Medicine and What Matters in the End*. --*Barb Lease*

Greetings from your new *Informer* editor! I'm eager to serve the Mayflower Community in this capacity. Thank you Rhonda for patiently helping with this transition. I was not familiar with the format being used but together we got the information moved into something I can work with. This reformatting took longer than expected, so this first edition is rough around the edges. I may have missed some items or intentionally left a few things out in order to prevent you waiting another week for a publication.

I will try to be available in the office on Wednesday and Thursday afternoons starting at 3:45 and will let you know if that changes. Please don't hesitate to contact me via email at ehaas@mayflowerhomes.com. --*Elizabeth Haas*



Horace Hegg who passed away on April 13th at age 88

George Fairchild who passed away on April 17 at age 99

Gretchen Hegg who passed away April 20 at age 87