

**January Birthdays**

5 <sup>th</sup> Merle Zirkle	14 <sup>th</sup> Charleen Foster	26 <sup>th</sup> Golda Sleuwenhoek
6 <sup>th</sup> Jo Rosburg	20 <sup>th</sup> Esther VanWyk	27 <sup>th</sup> Lorene Morrison
10 <sup>th</sup> Howard Raffety	24 <sup>th</sup> Joyce Wubbels	29 <sup>th</sup> Anne Sunday
14 <sup>th</sup> Janis Peak		



**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.*

**NO CHAPEL SERVICE while Health Center is quarantined**

**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 & Wednesdays and available by phone 641-990-3861. Len's ministry is primarily with the Beebe residents. **Please note:** Len is on vacation until February 6 when he will resume his usual schedule. During his absence, Christine Tinker is available (see schedule above) and may be contacted in an emergency. She will be at Beebe Tuesdays and by phone (above).

**Health Center Worship Service** normally on Sundays, 10:00 am, Health Center Dining Room, but **NO SERVICE WHILE HEALTH CENTER IS QUARANTINED.**

**Message from Nurses and Administrators:** **We have our first case of influenza A and are taking special precautions.** Independent living residents, **please do not visit in the health center unless it is absolutely necessary.** Any group gatherings in independent living areas, of more than 5 or 6 persons, are canceled due to the quarantine of the Health Center building. The Lester Bus will still operate for scheduled trips since it's not an indoor, on-campus gathering. Several people have asked if the HC exercise rooms are closed, and the answer is yes. **Thank you for your cooperation.**

## Mann Missive

**Assisted Living—It Works!** A recent article from the LeadingAge Iowa e-mail newsletter contained information about a new survey that supports what many of us already knew—seniors and their family caregivers experience measurable increases in quality of life after an older relative moves to assisted living.

Participants in the survey included family members of older adults who had moved to an assisted living community and family members who were still searching for housing for an older relative. Most (85 percent) of the family members who responded to the survey reported that they delayed investigating assisted living primarily because an older relative wanted to stay at home and be cared for by someone they knew for as long as possible. Other reasons for delaying this decision included:

- Inability to find an affordable assisted living option (20 percent).
- Difficulty finding information about assisted living (19 percent).
- Inability of family members to agree (18 percent).
- Negative perceptions of assisted living (16 percent).

"These findings really underscore the importance of getting good information about assisted living into the hands of older adults and their families," said Steve Maag, Director of Residential Communities, LeadingAge.

After a move to assisted living, family members in the survey reported noticing these improvements in an older relative's life:

- Quality of life (73 percent).
- Nutrition (73 percent).
- Social well-being (64 percent).
- Emotional well-being (47 percent).
- Physical health (44 percent).

In addition, family caregivers cited these personal benefits after moving an older relative to assisted living:

- Level of stress about the older relative (64 percent).
- Personal quality of life (60 percent).
- Relationship with the older relative (50 percent).
- Levels of health, diet, and exercise (32 percent).

Almost three-quarters (70 percent) of family members whose relatives had moved to assisted living said their monetary well-being was largely unaffected after the move.

"The data clearly show that staying at home may not always be appropriate or helpful for every older adult, especially those who need increasing care and support," Maag said. "Making a decision to move is never easy, at any age. But the decision could become much easier once older adults and their relatives know about all the benefits that a move to assisted living can bring."

We have four available apartments in Mayflower's Beebe Assisted Living.

**Recognizing the Con Man.** Here are a couple more imposter scams as from *AARP The Magazine*, "When a Con Man Calls."

- **The Police or Fire Department.** "We're raising money for officers (or firefighters) injured in the line of duty. How much will you be donating today?"
- **The Internal Revenue Service.** "You owe taxes and are at grave risk of large fines or jail time if you do not settle this situation immediately."

Bob Mann

Executive Director

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

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

## UPCOMING EVENTS

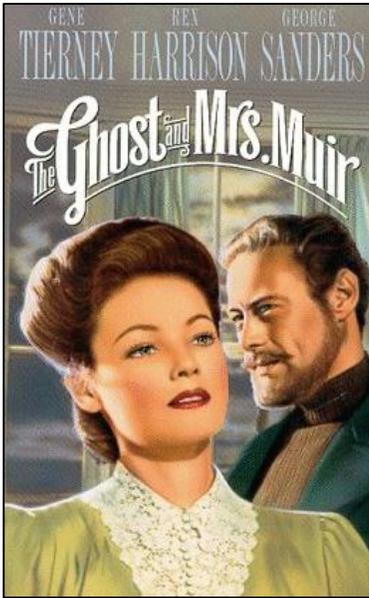
**MOST MAYFLOWER EVENTS ARE ON HOLD UNTIL QUARANTINE IS LIFTED**

- Matter of Balance Mondays & Fridays**, 8:30 a.m. Montgomery Lounge **ON HOLD**
- MRA Movie Matinee Saturdays**, at 2:00 p.m. in Kiesel Theatre **ON HOLD**
- Mayflower Bell Choir Mondays**, at 1:00 p.m. HC Conference Room **ON HOLD**
- Women's Table Tennis Mondays** at 4:00 p.m. in the Irene & Vic Center **ON HOLD**
- Younger Next Year Mondays & Wednesdays** at 2 p.m. Table Tennis Center **ON HOLD**
- Bucket Courses Wednesdays** at 10:00 a.m. at Drake Community Library  
**January 24:** *The Dark Universe*, with Charlotte Christensen; **January 31 & February 1:** *The Wider History of the Vietnam War*, with Mike Latham
- Game Nite Wednesdays** at 6:30 p.m. in the Anchor Room - free ice cream. **ON HOLD**
- Lyceum Thursdays** at 7 pm in Carman Center -- **January 25:** Grinnell area writers reading their selections **ON HOLD**
- Koffee & Konversation Fridays** at 9:30 a.m. in Buckley Dining Room **ON HOLD**
- Informer Deadline Monday, January 29** at 4 p.m.
- Chair Yoga Tuesdays & Thursdays** at 11 a.m. **ON HOLD**
- Armchair Travel 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays** at 2 p.m. in the Kiesel Theater **ON HOLD**

## COMING IN FEBRUARY

- Story Circle Tuesday, February 6**, at 6:30 p.m. in Buckley Dining Room: *Puppy Love* (see info under Mayflower Activities)
- SE\*ED Senior Education Program Mondays** at 10 a.m. Drake Community Library  
**February 12:** *Heart Health Updates*, with Lauren Graham, MD, Grinnell Regional Internal Medicine Specialist
- Shaker Meal Thursday, February 15**, at 5 p.m. in Buckley Dining Room (see info under Mayflower Activities)
- The Forum Tuesday, February 13**, at 2 p.m. Kiesel Theater
- Book Club Friday, February 16**, 1 p.m. in Game Room: *The Orphan's Tale* by Pam Jenoff
- Documentary/Film Discussion Series: The Matter of Black Lives Tuesday, February 20** at 6:30 p.m. in Kiesel Theatre (see info under Mayflower Activities)

## MAYFLOWER ACTIVITIES



### MRA Movie Matinees

**Saturdays at 2 pm in Kiesel Theater – CURRENTLY ON HOLD UNTIL QUARANTINE IS LIFTED**

**January 20: *The Ghost and Mrs. Muir***

1947 – Not Rated – 1 hr 44 min

This charming fantasy centers on a headstrong young widow who refuses to be frightened away when the ghost of a salty sea captain haunts her cottage. As her debts mount, he helps her write a successful novel about his adventurous life.

**Cast:** Gene Tierney, Rex Harrison, George Sanders



**January 27: *Thelma & Louise***

1991 – Rated R – 2 hr 9 min

Fed up with her boyfriend, live-wire Arkansas waitress Louise Sawyer persuades her friend Thelma Dickinson, a naïve housewife burdened with a negligent, sexist husband, to hit the road with her for a simple weekend of freedom. But after accidentally killing a man, the two friends wind up outlaws blazing a cathartic trail across America.

**Cast:** Susan Sarandon, Geena Davis, Harvey Keitel

The special monthly dinner in February will be a

### **Shaker Meal**

Join hosts Doug & Ginny Cameron on

Thursday, February 15 in the

Buckley Dining Room

5:00 p.m. social (wassail), 5:30 p.m. buffet dinner

Cost \$8.00 -- Reservations are due by February 12



## MAYFLOWER ACTIVITIES

### Join us for the next STORY CIRCLE:

Puppy Love! Come share “tails” of love, be it your first crush, your favorite pet, a blind date gone wrong, or something else! If the quarantine is lifted by then, we will meet on Tuesday, February 6 at 6:30pm in the Buckley Dining Room. Ariel Lepito will be moderating.

If you would like to enjoy dessert during the event, please call the Dining Room at ext. 216 to reserve a spot by February 4. Dessert is \$3. Hope to see you there!



### Come enjoy beautiful nature photography!

Ken Saunders II (son of our resident Phyllis) is showing his nature photography at the Grinnell Area Arts Council. Transportation will be provided via Lester, leaving Beebe Circle, Saturday, January 27, at 10:00am and returning at 11:00am. No need to sign up. If you can't make the January 27 trip, not to worry-- the photography exhibit will run from January 12 through February 15, with a reception on the last day.

### Think wellness with CHAIR YOGA! ON HOLD until quarantine lifted

Enjoy a relaxing, invigorating class of movement connected with the breath to increase body awareness and reduce stress by focusing on the present moment. The class incorporates both seated and standing postures to work on balance, strength and flexibility.

New and returning students are welcome! Classes are twice a week, Tuesdays and Thursdays from 11:00 to 11:45 am in Montgomery Lounge. Wear comfortable clothing that you can move in, and I recommend **not** eating at least two hours before class. Water is recommended to prevent dehydration. Please arrive at least five minutes early so that we can start on time.

Questions about the class may be directed to Anne Sunday or me. I can be reached by email at [kls69@gmail.com](mailto:kls69@gmail.com).

Thanks and hope to see you soon!

*Kim Wemer, RYT, Certified Chair Yoga Teacher*



## MAYFLOWER ACTIVITIES

The Grinnell Newburg School District bond referendum will be voted upon on February 6 at the Elks Lodge building. Forms to request an absentee ballot can found on the Activities table in Pearson lounge. The latest date that the Poweshiek County Auditor's office can mail the ballot is Friday, January 26. If you would like to vote absentee, please pick up a form. It has the specific election marked and a return address label attached. Gail Greenwald (641-236-1542) can answer your questions.

### THE MATTER OF BLACK LIVES DOCUMENTARY/FILM SERIES

**Second film: Tuesday, February 20, 6:30 pm Kiesel Theater**  
**A Lesson Before Dying – Racial Injustice in the South**

This four-part series, which builds on the documentary on American writer James Baldwin---*I Am Not Your Negro* (shown this fall at both the Strand and Kiesel Theaters)---examines the video versions of Flannery O'Connor's short story *The Displaced Person* (pub. 1955), Ernest Gaines' novel *A Lesson Before Dying* (pub. 1993/film 1999 ), and film-maker Spike Lee's *Do the Right Thing* (1989). Our overall concern is to discover what we might learn about the lives of black Americans from works of literary and film art. The series will conclude with the documentary *The 11<sup>th</sup>* which examines the black experience in the twentieth century. --Harley Henry

**Wal-Mart & Grocery Van Trips** The Mayflower van makes a trip to Wal-Mart, Fareway, McNally's & Hy-Vee each Wednesday at 1:30 p.m.

**Don't forget-- the Bistro is now offering PIZZA on Saturdays & Sundays!**

The regular Bistro menu will be served from 11am to 2 pm.

Then, starting at 2 pm, we will offer

***Made-To-Order Pizza, Dine-In or Carry Out!***

Choose a 14" or 7" crust with any combination of toppings:

Pepperoni, Sausage, Canadian Bacon, Hamburger,  
Green Peppers, Onions, Black Olives, Mushrooms

7" \$5.00    14" \$8.00    Side Salad \$1.50



Pizza may be ordered until 5:30 pm. Approximate service time will be 20 minutes. Yum!

## MAYFLOWER ACTIVITIES

**Bucket Courses** On Wednesday, January 24, Grinnell College assistant professor Charlotte Christensen will present a free one-session Bucket Course entitled *The Dark Universe*, in which she will explain the role of dark matter and dark energy in the evolution of the universe.

No registration is required for Christensen's one-session course, and there is no fee. All are welcome to attend. This course occurs in the middle of another, 4-session course presented by Michael Latham on *The Wider History of the Vietnam War* which began January 10 and has 2 more sessions: January 31 & February 7.



For more information about the Bucket Courses, please contact Joanne Bunge at 236-5321 or [jbunge@bungefarms.com](mailto:jbunge@bungefarms.com)

**Watch Live Basketball at Grinnell College!** Hop aboard Lester... The bus will depart from Beebe Circle 20 minutes before the start of each game and shuttle back between men's and women's games. Sign up in Pearson Lobby.

**Transportation will be provided on these days to Darby Gym:**

- Wednesday, January 24: 5:30 pm for Men's; 7:30 pm for Women's
- Saturday, February 3: 3:00 pm for Men's; 5:00 pm for Women's



You are cordially invited to join community members and colleagues at

### **RACE: THE POWER OF AN ILLUSION**

#### **A Racial Equity Awareness Learning Exchange**

Monday, January 29, 8:45am to 3:45pm

First Presbyterian Church, 1025 5th Avenue, Grinnell

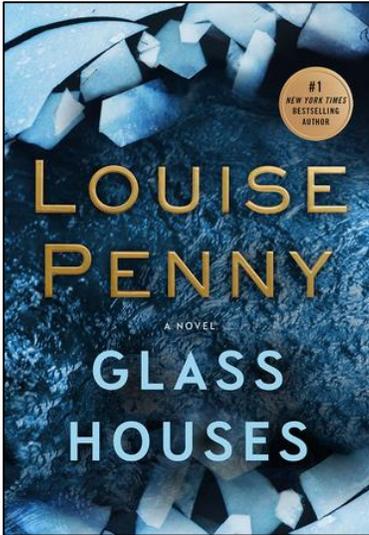
Experienced Facilitators: Ana Clymer & Mykala Robinson

No fee to attend / Lunch provided / 6 CEUs

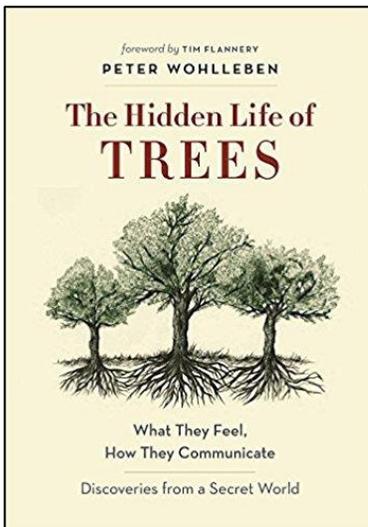
Please Pre-Register by January 23 with David Cranston

[dccranston@outlook.com](mailto:dccranston@outlook.com) or 641-990-1610

## BETWEEN THE BOOKENDS



*Glass Houses* is Louise Penny's 13th Chief Inspector Armand Gamache mystery. When a mysterious figure appears in Three Pines the villagers are curious and then frightened realizing that the Chief Inspector is legally powerless to remove the offender. It is Gamache's call to discover the roots and dark purpose of the strange presence especially after the figure vanishes and a body is discovered. Tied into this is the inspector's court appearance and his decision that the court of conscience supersedes all other truths as he brings to fruition his intricate plans to impede the trafficking of drugs into the United States.



*The Hidden Life of Trees* by Peter Wohlleben is an informative conversation about trees, their likes and dislikes, and mostly what they need to grow and flourish. It shows us how they communicate through their root systems, how they share or do not share nutrients, and what individual species need. Scientific discoveries lead us to believe that trees are more social than we have thought possible. Some species are compatible and help each other and other species do not grow well together at all. This book was understandable and fun to read!

### New Library Acquisitions:

*Don't Let Go* by Harlan Coben LP  
*Al Franken, Giant of the Senate* by Al Franken

On the Podium: *Lost Chicago* by David Lowe      --MRA Librarian: Robin Estes

### Neighborhood Groupings - Mondays at 12:00 p.m. in Buckley ON HOLD

January 22	Harwich Terrace East, Pearson, Montgomery, Buckley 2
January 29	Altmeier, Edwards, Harwich Terrace North
February 5	Buckley 1st, Watertower 2 & 3, Harwich Terrace South
February 12	Harwich Terrace Southeast, Watertower 1, Buckley 3