

**April Birthdays**

1 <sup>st</sup> Barb McConnell	13 <sup>th</sup> Dorothy Noer	20 <sup>th</sup> Karin Connolly
3 <sup>rd</sup> Jo Entwisle	15 <sup>th</sup> Alicemary Borthwick	21 <sup>st</sup> Jean Jones
Dorothy Blazek	15 <sup>th</sup> Bruce Voyles	25 <sup>th</sup> Eugene Herman
4 <sup>th</sup> Joanne Bolton	18 <sup>th</sup> Eugene McCaw	25 <sup>th</sup> Kathy Szary
5 <sup>th</sup> Cecil Flander	18 <sup>th</sup> Bill McNally	26 <sup>th</sup> Roberta Atwell
Emily Pfitsch	19 <sup>th</sup> Rey Evans	27 <sup>th</sup> M.J. Zimmerman
8 <sup>th</sup> George Britton		



**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.

April 10

Muriel Johannessen, St John's Lutheran Church

April 17

Donna Ricks, First Presbyterian Church

**Spiritual Care Coordinator Christine Tinker** is available 10 a.m. - 5:00 p.m. daily and as needed on weekends. Christine takes Wednesday off and emergencies are covered by Len Eberhart. Christine 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.

**Health Center Worship Service** Sundays, 10:00 am, in the Carman Center.

The **Mayflower Community Town Meeting** will be held on Monday, April 16, in the Carman Center at 2:00 pm. All members of the Mayflower Community are welcome! Minutes from the January Town Meeting will be distributed by email and copies will be available in the Pearson Library the week before the meeting. Please let Deb Jack know if you would like a printed copy of the minutes.

## Mann Missive

### New Obermiller Center Equipment.

Thanks to a gift from a donor, we have been able to buy one more new NuStep machine. This puts us back to four NuSteps in the Obermiller Center and allows us to leave one in the Buckley third-floor lounge. In addition, that donor's gift has made it possible to order a new recumbent bike for the Obermiller Center. Can you imagine where we would be without all the generosity shown to Mayflower by our donors?! Thank you.

Dementia: Don't Drink to That. A study reported on February 20, 2018 in *ScienceDaily*, reported "...that heavy drinking and alcohol use disorders are the most important risk factors for dementia." The observation study was performed by the Centre for Addiction and Mental Health, Toronto, Canada on over one million adults diagnosed with dementia in France. Heavy drinking was defined as four to five standard drinks a day for men and three for women. The study concluded, "Alcohol use disorders are the most important risk factors for the onset of all types of dementia."

Lester the Bus Drivers. Thank you. Thank you! Four more residents have volunteered to become certified drivers for our Lester the bus—Sig Barber, Karen Phillips, Sharon Poush, Montie Redenius. More opportunities to use our modern shuttle bus to get to events off the Mayflower campus.

Mission Accomplished. After hours of classwork, study, and internship, followed by a national exam, David Barrientos has been licensed as a Nursing Home

Administrator. A native of Los Angeles and a 2014 graduate of Grinnell College, David has been working for Mayflower since November of 2012. He worked weekend and night shifts while he was a full-time student.

New Medicare Cards. The U.S. government will begin to mail new Medicare cards soon. Iowans are slated to be getting theirs after June. Social Security Numbers are being removed from Medicare cards to prevent fraud and fight identity theft. The Centers for Medicare and Medicaid Services (CMS) has updated its web pages to provide new resources for beneficiaries, partners, and stakeholders, including information about CMS' plan to mail the new Medicare cards in phases, messaging guidelines, and more: <https://www.cms.gov/medicare/new-medicare-card/nmc-home.html>

### Mayflower Moves.

- Rick and Sue Ramsey from their Grinnell home to their Harwich Terrace home at 708 Broad Street
- Carol Nielsen from her Pearson apartment to her Beebe Assisted Living apartment
- Elsie Johnston from her Buckley apartment to her Health Center suite.
- Karin Connelly will split time between Pearson #209 and her West Glacier, Montana home.
- Jim and Marvel LaCasse have begun moving from their rural Grinnell home to Buckley #303. Marvel's mother Jean McDonough was our Director of Nursing some years ago.

Bob Mann, Executive Director

## UPCOMING EVENTS

**Open House: Craft / Woodworking Room in Edward Basement Friday, April 6, 2 p.m.**

**MRA Movie Matinee Saturdays, at 2 p.m. in Kiesel Theatre – **April 7:** *Mark Felt: The Man Who Brought Down the White House*; **April 14:** *Crooked House***

**Mayflower Bell Choir Mondays at 1:00 p.m. HC Conference Room**

**Women's Table Tennis Mondays at 4:00 p.m. in the Irene & Vic Table Tennis Center**

**Younger Next Year Mondays & Wednesdays at 2:00 p.m. in the Table Tennis Center**

**Chair Yoga Tuesdays & Thursdays at 11 a.m. in Montgomery Lounge**

**Mayflower Poetry Club Monday, April 9, at 2:15 p.m. in the Bistro**

**Armchair Travel 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays at 2 p.m. in the Kiesel Theater**

**The FORUM Tuesday, April 10, 2-3:30 p.m. in Kiesel Theater: *Art Outreach in Grinnell***

**Bucket Courses Wednesdays at 10:00 a.m. at Drake Community Library: **April 11 & 18:** *Mental Illness* with J. R. Paulson, MD**

**Game Night Wednesdays at 6:30 p.m. in the Anchor Room – free ice cream.**

**Lyceum Thursdays at 7 p.m. in the Carman Center – **April 12:** *GHS Speech Students*; **April 19:** *Dr. Ryan Dahlby-Albright, vocal music***

**Koffee & Konversation Fridays at 9:30 a.m. in Buckley Dining Room**

**Birds 101 with Sue Ahrens Fridays, April 13<sup>th</sup> & April 20<sup>th</sup> at 10:00 a.m. in Anchor Room**

**Shults and Co. Friday, April 13, at 7:30 at Hotel Grinnell Theatre: Lester Bus leaves Pearson at 6:50 p.m.; sign-up sheets in Pearson Lobby.**

**Mayflower Community Town Meeting Monday, April 16 at 2 p.m. in the Carman Center**

**Informer Deadline Monday, April 16 at 4 p.m.; email your submissions to Elizabeth at ehaas@mayflowerhomes.com**

**Tuscan Dinner Thursday, April 19, 5:00 p.m. in Buckley Dining Room; RSVP by 4/16**

**Book Club Friday, Friday, April 20: *Where the Past Begins* by Amy Tan. All are welcome!**

**Documentary/Film Discussion Series: The Matter of Black Lives Tuesday, April 24 at 6:30 p.m. in Kiesel Theatre**

**NOTICE: Due to new City regulations, the City will no longer be accepting glass items for recycling. Glass items should be handled as regular trash at this time. Questions call Rita McVey 641-236-6151 EXT 193.**

## MAYFLOWER ACTIVITIES

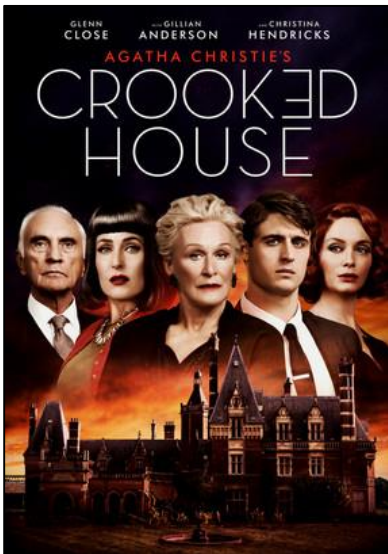
### MRA Movie Matinees -- Saturdays at 2 pm in Kiesel Theater



**April 7: *Mark Felt: The Man Who Brought Down the White House*** 2017 – PG-13 – 1 hr 43 min

This movie centers on the true story of “Deep Throat”, the notorious whistleblower for one of the greatest scandals of all time, Watergate. The true identity of the secret informant remained a mystery and source of much speculation for over 30 years. Until, in 2005, special agent Mark Felt shockingly revealed himself as the tipster, a man who sacrificed everything –his family, his career, his freedom – in the name of justice.

**Cast:** Liam Neeson, Diane Lane, Marton Csokas



**April 14: *Crooked House***

2017 – PG 13 – 1 hr 55 min

In Agatha Christie’s most twisted tale, the suspicious circumstances surrounding the death of a wealthy patriarch is investigated by spy-turned-private-detective Charles Hayward, who is lured by his former lover to catch her grandfather’s murderer before Scotland Yard exposes dark family secrets.

**Cast:** Glenn Close, Terence Stamp, Max Irons, Gillian Anderson, Christina Hendricks

### **Next FORUM will be Tuesday, April 10, 2 - 3:30pm, Kiesel Theater**

The topic is ***Art Outreach in Grinnell***, with Tilly Woodward, the curator of academic and community outreach at Falconer Gallery, who has been leading innovative programming at Grinnell College for 10 years. Tilly will discuss the range of classes, lectures, partnerships, and performances held in and with the Falconer Gallery each year, her experiences leading a team of student assistants who take Falconer’s outreach to schools and programs in Grinnell, from preschoolers to college students, and from neurodiverse adults to faculty.

## MAYFLOWER ACTIVITIES



### *Tuscan Dinner Thursday, April 19*

Social: 5:00 pm – Dinner: 5:30 pm

Reservations by Monday April 16; Cost: \$10.00

**Hosts: Gene and Kathy Herman**

Appetizer served at your table: Anti Pasta Tray

Salad at your table: Fennel & Orange Salad

#### **At the Buffet Table:**

Filetti al balsamic = Beef Filet with Balsamic Sauce

Prawns alla Iampada = Shrimp in a Champagne Sauce

Lemon Risotto with Chicken and Peas

Papperadelle Pasta with Grilled Vegetables

Tuscan-Style Roasted Carrots

#### **Dessert Table:**

Sponge Cake with Chocolate ganache, Berry Tart

Apple Pastry with vanilla cream

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

Fourth & final film: Tuesday, April 24, 6:30 pm Kiesel Theater

### **Step**

**Step**, a 2017 film directed by Amanda Lipitz, documents the senior year of a girls' high school step team in inner-city Baltimore, as they try to become the first in their families to attend college. The girls strive to make their dancing a success against the backdrop of social unrest. **Step** is being shown in place of **13<sup>th</sup>** which was unavailable.

Please help us keep our library shelves looking fresh and new. Donate your nearly new books with **current titles** and **recent copyright dates** to the Mayflower Browsing Library. Take your books, in **April**, to the book box in **The Anchor**.

Thank you from the Browsing Library Committee.

## MAYFLOWER ACTIVITIES

### Here is the schedule for the remaining April Lyceums:

- April 12 GHS Speech Students
- April 19 Dr. Ryan Dahlby-Albright -- vocal music
- April 26 Shults & Company -- a musical event!

The MRA Executive Committee has voted to sponsor a T-SHIRT/SWEATSHIRT SALE to go toward the OPEN DINING PROJECT. INCLUSIVI-TEE will create t-shirts for Mayflower residents. Artist Netia Worley will create 4 designs which will be modeled at the July MRA meeting, and a vote will be taken to decide which 2 designs will be used.

Orders with payment for shirts will be taken through September 1<sup>st</sup>. A distribution party with music and cookies is being planned so that as many orders as possible can be picked up at the party. Shirts can be ordered later as needed but shipping costs may then apply.

Regular t-shirts, long sleeved t-shirts, v-neck t-shirts and sweatshirts will be available in men's and women's cuts. Only 100% organic cotton will be used.

Type of shirt	Cost of shirt	Amount Earned for Project
Short sleeved shirt	\$30	\$15
Long sleeved shirt	\$36	\$18
Sweatshirt	\$45	\$23

INCLUSIVI-TEE is dedicated to promoting social and environmental justice through the creation of beautiful, wearable art and the donation of time and money. Independent artists are found and hired to create each original art piece used. As part of this mission, we would be honored to work with Mayflower Community, a community for people who have spent their lives making the world a better place.

What a great idea for Christmas! Please consider supporting this community project.

Contact Person: *Lori Myren-Manbeck*      952-240-8946      [lori@inclusivi-tee.com](mailto:lori@inclusivi-tee.com)

### Neighborhood Groupings - Mondays at 12:00 p.m. in Buckley Dining Hall

- April 2 Buckley 1st, Watertower 2 & 3, Harwich Terrace South
- April 9 Harwich Terrace Southeast, Watertower 1, Buckley 3
- April 16 Harwich Terrace East, Pearson, Montgomery, Buckley 2
- April 23 Altemeier, Edwards, Harwich Terrace North

## MAYFLOWER ACTIVITIES

**We welcome independent residents to volunteer** to take Health Center, South Village, and Beebe residents out **for walks and wheelchair rides** around our lovely campus. If you are interested, please contact Chery (ext. 253) or Tracy (ext. 231). They will give you a brief orientation. **Thank you!**

### I KNOW, I NEED MORE EXERCISE!

Who doesn't know that we should all  
Get lots of exercise.  
But what can make it fun to do,  
What is a good disguise?

It's not much fun to jog in place,  
Lift weights; it makes no sense!  
Instead try something that will help  
Your fellow residents!

That at the same time you will get  
The exercise you need:  
Come push a chair or walk the walk  
And help someone in need:

Those folks who have no way to leave  
Their rooms without some aid,  
Because they have no strength to leave,  
Or are just plain afraid.

You save the day! And bring some light  
Into their daily lives  
That can be dull and get quite long;  
This is where boredom thrives.

So everyone can benefit  
From this: so symbiotic  
The halls will fill with happy souls  
That are out for a frolic!

--Netia Worley



### **SAVE THE DATE: Saturday, May 5 KENTUCKY DERBY PARTY!**

*Fancy hats, mint juleps, and  
lots of fast horses with strange names.  
Stay tuned for more information.*

**Mayflower's Mediacom Digital TV has a few new channels. Now available:**

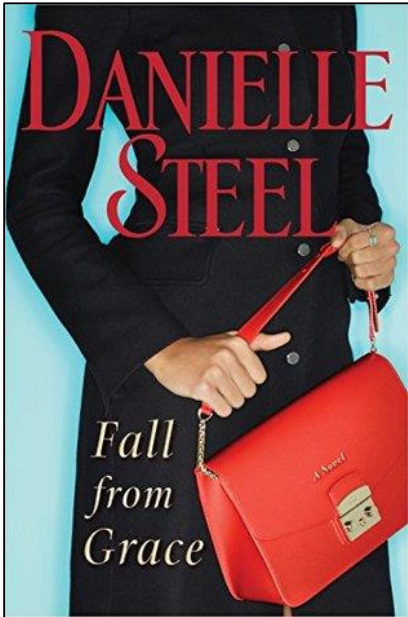
5.3 Grit, 5.4 Cozi, 13.4 This TV, 17.2 Comet, 52.19 Animal Planet, and 54.7 Disney.

Also, channel 79.88 is now KDMI TCT.

If you need one, you may pick up a new channel listing from Deb at the Pearson Office.

## BETWEEN THE BOOKENDS

### Book Review: *Fall from Grace* by Danielle Steel



At 49 Sidney Wells had it all. Andrew was a wealthy adoring husband, who persuaded her to cease working so she could spend more time with him and they could travel together. Sidney had a beautiful home, two accomplished daughters, friends, and a good life.

That all changed in a split second. Her husband left her penniless; his twin daughters owned everything and forced Sidney out of her home. She was going to have to figure out a way to survive. Her life had become a sordid tale - she lost her husband, home, money, was arrested and faced five to ten years in prison, and, in desperation, even contemplated suicide.

Sidney must rebuild her life from the bottom up, and she does so with honor, resourcefulness, dignity, courage, and resilience. She had enjoyed her career as a talented designer before she married Andrew, and with the help of a very good friend finds her way back into the world of fashion, and even into the realm of romance.

#### New Library Acquisitions:

*Secrets of Cavendon* by Barbara Taylor Bradford LP

*Manhattan Beach* by Jennifer Egan

*Dark in Death* by JD Robb LP

-- Robin Estes

**Birds 101 with Sue Ahrens:** Come learn about the birds that inhabit Mayflower and beyond! There will be two sessions at 10:00 am: **Friday, April 13th & Friday, April 20th** in the Anchor Room. Then you can practice your birding skills at **Arbor Lake on Saturday, May 5**. Meet the Lester Bus at Beebe Circle, departing at 9:30 am.

### **The End of Hy-Vee Grocery Pick-Ups**

Due to minimal use and a limited number of volunteer grocery delivery people, we will be ending the service as of May 1, 2018. This is the service for which grocery orders are submitted by Tuesday evenings, sent to Hy-Vee on Wednesday mornings, and picked up for resident delivery later in the morning. Heavily used at one time, only one or two residents now are using this service. The last such delivery will be April 30<sup>th</sup>.