

## **New Year. New Mayflower Offerings.**

Enhancements have been made in Mayflower's Health Center, a fully licensed nursing care facility. Now featured in the South community is a low-stimulus environment, specializing in care for residents with chronic and life-limiting conditions. Included is palliative care that provides comfort to residents when their medical conditions cannot be stabilized or improved. Our staff in the health center are trained in the best practices for palliative care, memory support, and restorative nursing.

Mayflower's partners have expanded to now include locally-owned Total Rehab Orthopedic and Sports Specialist. Physical, Occupational, and Speech Therapy is provided on Mayflower premises by certified/registered specialists, most with therapy doctoral degrees. If interested in scheduling an appointment with Total Rehab, please call Angie Dillon (641-236-6151 x 214).

Currently, the lower-level Health Center therapy department is being remodeled to provide a waiting area, an open therapy area, and two private exam/treatment rooms.

Our Assisted Living apartment homes combine the independence of living privately with the security of knowing that when needed, help is just a few steps away. Residents eat in our beautiful Assisted Living dining room with menu choices that change daily. Assistance with daily needs (dressing, ambulating, bathing, laundry, house cleaning, and other services) is available on a scheduled basis with a call button available to use for special needs. Medication management can be provided by staff, or residents may keep their medications in their own apartment. Structured activities are offered throughout the week. The support provided to residents in Assisted Living helps them conserve their energy for the things they enjoy doing.

– *Bob Mann, Sales & Marketing Director*



## Happy New Year... We are under construction!

The 'Open Dining Project' construction is underway. Phase I, the health center, begins in January and is scheduled to be completed in early March. Thank you to everyone who contributed to making this important project a reality!

Phase II, Buckley Dining, and Phase III, Beebe Dining, are in active fundraising mode. If you have questions or comments about the project, please contact Scott Gruhn or, to make a donation to the project, contact Doug Lockin.

... A sense of space. Long ago, I was a Colorado ski bum and lived at 8,000 feet in Vail Village, built along Gore Creek in a steep-sided, narrow valley of the Rocky Mountains. I worked from 4:00 a.m. until noon unloading semis of food. And I was happy.

After a year, among the ski bums and tourists happily contained by the mountains, I crossed back over the eastern slope of the Rockies to see the big sky of the prairie. And I was content.

Space matters. Recently, my son (pictured) and I made one of our trips to Krumm Preserve to walk, talk, and be together in silence. It reminded me that the space of kindness and respect I experience here at Mayflower is created by residents and staff together.

It is a joy to work within this space. Thank you for holding this space for us all to live and work.

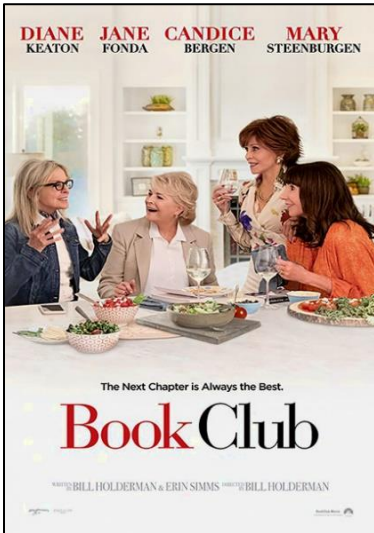
– Steve Langerud, Executive Director



### **ATTENTION: Got the FLU? What to do! What NOT to do!**

If you are ill, please DO NOT leave your apartment to mingle with others. Contact your local physician, Urgent Care or ER for an evaluation and testing. If you need assistance with food, transportation, etc, contact Deb Jack.

**MRA Movie Matinees**  
**Saturdays at 2 pm in Kiesel Theater**



**January 5: *Book Club***

2018                      *Rated PG-13*                      *1hr 44m*

Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading "Fifty Shades of Grey," they're inspired to make bold choices in the romance department, with hilarious results.

**Cast:** Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen



**January 12: *Main Street***

2011                      *Rated PG*                      *1hr 32m*

When an outsider arrives and proposes storing hazardous waste in their small North Carolina town, the residents must weigh the risks against the financial rewards in this ensemble drama that explores the politics of survival for rural America.

**Cast:** Ellen Burstyn, Colin Firth, Patricia Clarkson, Amber Tamblyn, Orlando Bloom

***A Special Vietnamese Dinner for Mayflower Residents***

***Thursday, January 17 in the Buckley Dining Room***

***Social time starts at 5:00pm with dinner following at 5:30pm***

***Scott Gruhn & Johnny Khuu collaborated on the following menu:***

***Appetizer: Vietnamese Rice Paper Rolls; Buffet: Com tam suon nuong (Vietnamese Pork Chops); Jasmine White Rice; Cucumbers; Com Ga Hai Nam (Hainanese Chicken); Ginger Garlic Rice; Kimchi; Beef Pho; Vietnamese Fruit Cocktail for dessert***

***Cost: \$10                      Hosts: George & JoAnn Britton***



## Resident Intern of Service at MICA and Mayflower Community

Johnny Khuu (rhymes with “cool” said quickly) has been serving as Resident Intern in The Mayflower Community since last summer. He is the second post-graduate student to engage at Mayflower. Ariel Lepito, a 2017 Grinnell College graduate, lived and worked with us during the year ending June 2018. As a part of the program, the Resident Intern “volunteers” (works for subsistence wages) through AmeriCorps Vista with the local office of Mid-Iowa Community Action (MICA). Supported by a Mayflower apartment and a meal-a-day at



Mayflower, Johnny then volunteers on evenings and weekends with independent living activities in the Mayflower Community. He organizes and leads events, including driving Mayflower’s Lester the Bus to activities around town and east central Iowa. In November and December, Johnny drove residents to Grinnell College’s basketball games, providing front-door drop-off and pick-up.

During December, Johnny was immersed in distributing Christmas food at the 4<sup>th</sup> Avenue MICA office—hams from Hy-Vee with a bag of groceries to make a dinner at home. Prior to that, he was involved in providing disaster assistance to Marshalltown families impacted by the July 2018 tornado. Johnny has been moved by the fact that most of the MICA clients are individuals and families that cannot quite make ends meet, so MICA assistance helps people survive.

Johnny, a Haywood, California native, is a graduate of San Francisco State University with a degree in Political Science. He served two internships in offices of U.S. Congressmen. His goal is to stay in Iowa at the completion of his Resident Intern stint to get involved in Iowa’s first-in-the-nation political caucuses. — *Bob Mann, Sales & Marketing Director*

### Mayflower Residents’ Association Quarterly Meeting Coming Up

The next meeting of the MRA will be held at **2:00 pm on Monday, January 21, in the Carman Center**. The Annual Reports from 2018 will be emailed prior to the meeting and limited copies will be available for those who do not have computer access (if we run short, we’ll have a sign-up sheet & copies will be delivered to you). The 2019 budget will be presented for approval, and we will have an open forum for suggestions and NEW ideas for the new year. This is YOUR association. Please make every effort to attend.

-- *Linda Myren, MRA President Elect*

## Christmas Dinner at Mayflower

On Christmas Day, 2018, a large contingent of residents and their guests enjoyed a tasty meal along with “Merry Christmas” greetings and warm conversation. The dinner was baked ham or tender roast beef, mashed potatoes and gravy, green bean casserole, scalloped corn, cranberry salad, dinner roll, and cheesecake desert. The Buckley Dining Room, Anchor Room, and J&B Bistro were all full as folks gathered for the holiday. An observation: our residents surely have many tall family members. It couldn't be that some of us are shrinking!

*Pictured on the right are Anne Sunday (in pink) and to her right, David Harrison, Astrid Henry, Harley Henry, Bob Myren, and Linda Myren.*



## New Year's Eve at Mayflower

Chinese buffet and a movie. Warm and cozy inside. Short walk home afterwards....maybe before midnight. It doesn't get any better! Residents and their guests enjoyed Chinese appetizers prepared fresh in the Mayflower kitchen. Then, the movie, "West Side Story" played in honor of the 100<sup>th</sup> birthday of Leonard Bernstein, who wrote the musical score. Reason #334 to live at Mayflower.

*Pictured at the buffet line are (left to right) Wilma Vosburg, Selva Lehman, Pat Groth, Walda Gustafson, Jack Gustafson.*

– Bob Mann, Sales & Marketing Director



## January Birthdays

5<sup>th</sup> Merle Zirkle

10<sup>th</sup> Howard Raffety

12<sup>th</sup> Rick Ramsey

14<sup>th</sup> Janis Peak

14<sup>th</sup> Charleen Foster

20<sup>th</sup> Esther VanWyk

24<sup>th</sup> Joyce Wubbels

26<sup>th</sup> Golda Sleuwenhoek

27<sup>th</sup> Lorene Morrison

29<sup>th</sup> Anne Sunday

## Ahrens Family Musicians

Today, six members of the Jim and Sue Ahrens family presented a holiday instrumental music treat. All four of their daughters were in town along with Jim and Sue's four grandchildren. Aaron and McKenna Miller have been presenting holiday music at Mayflower since 2010. Aaron, in his first year of a chemistry masters program at the University of Oregon, played a number of piano pieces,



notably Chopin, and accompanied the other family members. McKenna, a junior in actuarial science at Drake University, played a melodious cello, including a Bach recital piece. Their mother Dawn Miller joined in a few pieces with clarinet. Lauren Krippner, a high school senior in St. Louis, played a sweet violin with her cousins. Younger sister Megan, an eighth-grader, played a trombone piece. Their father Ryan performed a bass guitar song.

– Bob Mann, Sales & Marketing Director

### **ATTENTION: ALL NEW 2019 Neighborhood Luncheon Groups** **Gather for lunch Mondays at 12 noon in Buckley Dining Room**

After two years with the same groups, it is time to switch things around a bit! The NEW Neighborhood Luncheon Groupings will be as follows:

Neighborhood 1: first Monday of each month

January 7      **Buckley 1<sup>st</sup>, Harwich Terrace South, Edwards, Montgomery**

Neighborhood 2: second Monday of each month

January 14      **Buckley 3<sup>rd</sup>, Pearson, Watertower 1<sup>st</sup>**

Neighborhood 3: third Monday of each month

January 21      **Buckley 2<sup>nd</sup>, Watertower 2<sup>nd</sup> & 3<sup>rd</sup>, Harwich Terrace East**

Neighborhood 4: fourth Monday of each month

January 28      **Harwich Terrace Southeast, Harwich Terrace North, Altmeier**

Everyone is encouraged to attend these gatherings in Buckley Dining Hall.

**Come meet some new neighbors this year!**

## **‘Tis the Season...for Pneumonia!**

Our local hospital, UnityPoint Health--Grinnell, has notified The Mayflower Community that there has been a significant increase in the number of cases of pneumonia in this area. (This may also be the case wherever you live.) According to the American Lung Association (ALA), “Pneumonia is an infection in one or both lungs that causes coughing, fever, and trouble breathing. The cause can be a bacteria or virus. Treatment depends on the type of pneumonia, but often includes an antibiotic. An otherwise healthy person will likely feel back-to-normal within a week.”

Prevention is critical. Jacki Hicklin, RN, Mayflower’s Assistant Director of Nursing, provides these precautions by way of the Centers for Disease Control: **Wash hands frequently.** Get plenty of rest. Drink extra liquids. Stay away from sick people. If you are sick, stay away from others. In addition, you can prevent respiratory infections by:

1. Cleaning surfaces that are frequently touched.
2. Coughing or sneezing into a tissue or into your elbow/sleeve.
3. Limiting contact with cigarette smoke or quitting cigarettes.
4. Managing ongoing medical conditions (like asthma, diabetes, or heart disease).

How about a vaccination? Pneumonia vaccines (PCV13 and PPSV23) are available and aid in the prevention of pneumonia. If you are unsure if you are up to date on your pneumococcal vaccines, speak with your physician.

At the direction of Administrator Kellie McGriff, Mayflower has implemented the following prevention steps:

1. All campus infection control stations are fully stocked with hand sanitizer, tissues, masks, and gloves.
2. Our Housekeeping staff will perform additional daily common space cleaning and disinfecting.
3. Pneumonia information has been sent to all residents who have available e-mail addresses and has been posted around campus.
4. All nursing staff (Health Center and Beebe Assisted Living) have copies of the ALA information form, “Pneumonia: Recovery at Home.”
5. All reported cases of pneumonia—both independent living and healthcare residents—will be tracked for reporting to Grinnell Regional Public Health.

– *Bob Mann, Sales & Marketing Director*



## **JANUARY LYCEUM, Thursdays at 7 pm in the Carman Center**

January 10 - Kelly Robertson, Grinnell's Music Therapist

January 17 - Al Ricks, talking about his Ethiopian project for veterinary students

January 24 - Erin Bustin singing folk and theater music

January 31 - Professor Gene Gaub playing Ravel and Brahms

## **BUCKET COURSES starting Wednesday, January 9**

The winter session of Bucket Courses will start January 9 with a lecture by Jon Andelson, Rosenfield Professor of Social Science (Anthropology) and director of the Center for Prairie Studies at Grinnell College. His talk will compare the founding and early years of Grinnell and Amana. The title is *A Tale of Two Cities (Towns, That Is): Two Utopias Founded on the Iowa Prairie in 1854*. **The class will be held from 10 to 11:30 a.m. on Wednesday, January 9, at the Drake Community Library.** Admission is free and advance registration for this class is not necessary.

The Bucket Courses will continue on January 16 with the start of a four-session series by Michael Guenther, Associate Professor of History at Grinnell College. Registration for that class is encouraged. To register, go to [www.grinnellcecbucketcourses.org](http://www.grinnellcecbucketcourses.org)

## **Start the New Year with Stretching and Strengthening**

Chair Yoga for 2019 will begin on Tuesday, January 15. This is a low impact mind/body/breath practice seated in chairs and standing with chair support. Flexibility is not required!

Classes are held Tuesday & Thursday, 11:00-11:45am in Montgomery Lounge, usually running for 6 week sessions with a short break. You may join the class at any time. We're always happy to see new faces! Questions? Contact Kim Wemer, Certified Chair Yoga Teacher at [klsw69@gmail.com](mailto:klsw69@gmail.com) or Anne Sunday, Independent Living Activities Coordinator at [asunday@mayflowerhomes.com](mailto:asunday@mayflowerhomes.com)

## **Come & Celebrate Epiphany Sunday**

**On January 6 at 10am in the Carman Center**

Christine Tinker will lead a special service of readings, music, and symbols to recall the visit of the Magi and their gifts. We will welcome 2019 with light, frankincense and myrrh. We hope you'll join our worship and fellowship.





## Thursday Mornings: The Men Are Talking!

On Thursday mornings at 8:30 in Mayflower's Buckley third-floor lounge, a group of male residents get together to talk... and eat! This morning, they were treated to breakfast casserole (large pieces!), scones, muffins, juice, and coffee. Between bites, there was some conversation. The topics varied from trucking, state and national politics, farming, and the economy to the weather. Oddly, the topic of Christmas shopping was not raised.

*Pictured from left to right are Jim Ahrens, Gene McCaw, John Buck, Rudi Munitz, Bob Anderson, John Sadler (hidden), Jim LaCasse, Doyle Raber, Gail Strickler, Jr., and Dick Schild.*



## Mayflower Walking Workout

If you decide to do a New Year's resolution to walk more, The Mayflower Community is the place to do it... no matter what the weather! As you can see from the map displayed on the next page, there are many places to walk INDOORS. In fact, you can walk four city blocks without backtracking in the hallways, tunnels, and the skywalk (longest in Poweshiek County). Then, you can turn around and do it again, or do laps in our spacious Carman Center or in the fun Sports Room. Goodbye pounds. Hello, good health. Reason #322 to live at Mayflower.

– Bob Mann, Sales & Marketing Director

### *Wine and Writing begins January 7*

**Mondays, January 7 – February 11, 7:00 - 8:15 pm, Buckley Dining Room**

*If you signed up for this six week course, be sure to attend.*

*For information please contact:*

Betty at [moffettb@grinnell.edu](mailto:moffettb@grinnell.edu) or Anne at [asunday@mayflowerhomes.com](mailto:asunday@mayflowerhomes.com)

### **Men's Grinnell College Basketball Games**

Johnny Khuu will be driving Lester the Bus, leaving from Pearson Circle **30 minutes before the start of each game**. Sign up at the Activities Desk in Pearson Lobby.

Jan 12, Saturday, 3pm (Lawrence Univ)

Jan 16, Wednesday, 7:30pm (Cornell)

Jan 25, Friday, 7:30pm (St. Norbert College)

Feb 2, Saturday, 3pm (Monmouth College)

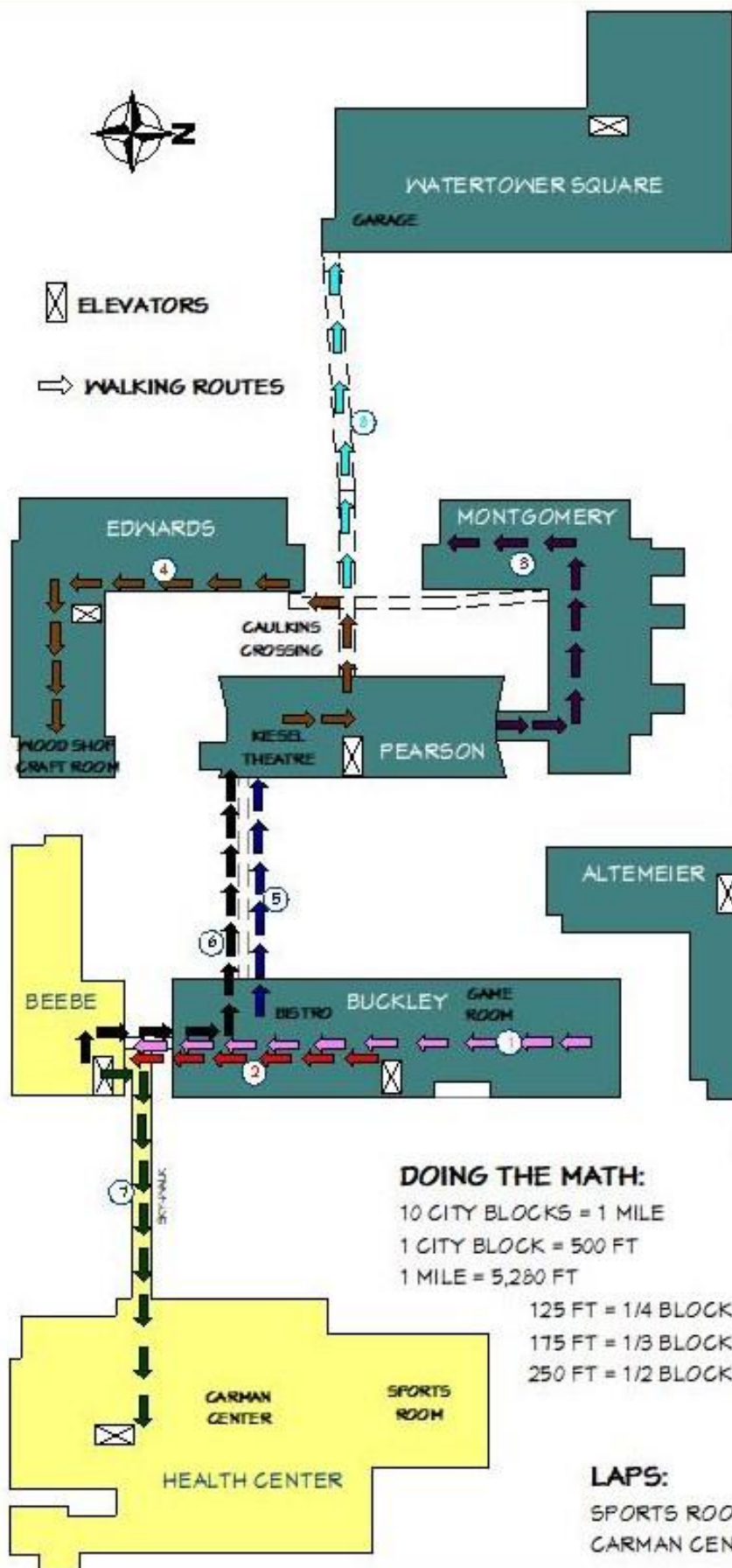
Feb 16, Saturday, 3pm (Lake Forest)



ELEVATORS

WALKING ROUTES

# DISTANCE WALKING for EXERCISE at



- ① → NORTH END of BUCKLEY 1st to BEEBE ELEVATOR = 240 FT
- ② → GAME ROOM to BEEBE ELEVATOR = 195 FT
- PEARSON BREEZEWAY to
- ③ → SOUTH ENTRANCE of MONTGOMERY = 215 FT
- KIESEL THEATRE TO
- ④ → EDWARDS CRAFT ROOM = 245 FT
- ⑤ → BISTRO THROUGH TUNNEL TO KIESEL THEATRE = 175 FT
- ⑥ → LOWER LEVEL BEEBE ELEVATOR to KIESEL THEATRE = 215 FT
- ⑦ → BEEBE ELEVATOR THROUGH SKYWALK to CARMAN CENTER = 190 FT
- ⑧ →
- ⑨ →

### DOING THE MATH:

10 CITY BLOCKS = 1 MILE  
 1 CITY BLOCK = 500 FT  
 1 MILE = 5,280 FT

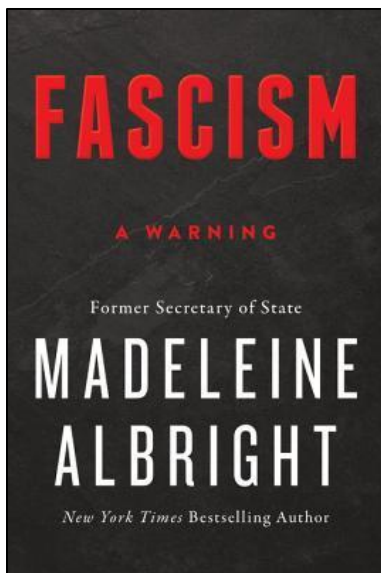
125 FT = 1/4 BLOCK  
 175 FT = 1/3 BLOCK  
 250 FT = 1/2 BLOCK

### HALLWAYS:

BUCKLEY = 190 FT  
 PEARSON = 135 FT  
 WATERTOWER SQ = 300 FT

### LAPS:

SPORTS ROOM 25 LAPS = 1 MILE  
 CARMAN CENTER PERIMETER 40.6 LAPS = 1 MILE



## BETWEEN THE BOOKENDS

*Fascism, A Warning* by Madeline Albright, the first woman to serve as U. S, secretary of state, is a timely and urgent examination of the clash between democracy and Fascism. The author draws on her own experiences as a child in war torn Europe when the struggle for human freedom left millions of innocent people dead. With the divisions within our government and our withdrawal of support for democratic institutions, Albright's book is an urgent call to save ourselves from the damaging effects of extremism.

### New Library Acquisitions:

*The Reckoning* by John Grisham LP

*The Soul Of America* by Jon Meacham

*I've Been Thinking* by Maria Shriver

On the Podium: *102 Favorite Paintings* by Norman Rockwell

– Robin Estes, MRA Librarian

### *A special thank you...*

*I would like to thank the health care staff, dining staff and therapists who took such good care of me while I was recovering from an injury. Everyone was pleasant and accommodating. The therapists worked wonders.*

*Thanks to all who remembered me with cards and visits.*

*Sincerely, Nancy Hendrickson*



*Edith M. Dawson*

*September 27, 1925 – January 2, 2019*



## UPCOMING EVENTS

**Book Club Friday, Friday, January 18**, at 1pm, Game Room: *Coming Clean* by Betty Moffett. All are welcome!

**MRA Movie Matinees Saturdays**, at 2pm, Keisel Theatre  
**January 5:** *Book Club*; **January 12:** *Main Street*

**SE\*ED: Senior Education Program Mondays** at 10am, Drake Community Library  
**January 14:** *"Inflated Ideas: The Art of Twisting Balloons"* with Charlie Clements

**Informer Deadline Monday, January 14**, 4pm; email [ehaas@mayflowerhomes.com](mailto:ehaas@mayflowerhomes.com)

**Wine & Writing Mondays, January 7-February 11**, 7 - 8:15pm, Buckley Dining Room

**Bucket Courses Wednesdays** at 10am, Drake Community Library: **January 9:**  
*A Tale of Two Cities (Towns, That Is): Two Utopias Founded on the Iowa Prairie in 1854*  
with Jon Andelson; **January 16:** *The Hidden Life of Technology* with Michael Guenther

**Lyceum Thursdays**, 7pm, Carman Center

**Vietnamese Dinner Thursday, January 17**, social time at 5pm, then dinner at 5:30;  
Buckley Dining Room

**MRA Quarterly Town Meeting Monday, January 21**, 2pm, Carman Center

**Memorial for Edith Dawson Saturday, January 26th**, 2:00 - 4:00pm Carman Center

## WEEKLY ACTIVITIES

Theraband	Mon, Wed, Fri	11am	Beebe Activity Room
Bell Choir	Monday	1pm	Health Center Conf. Room
Senior Strength	Mon, Wed	2:15pm	Sports Room
Women's Table Tennis	Monday	4pm	Table Tennis Center
Walking Warriors	Tues, Thurs	8:15am	meet by Health Center
Chair Yoga (begins 1/15)	Tues, Thurs	11am	Montgomery Lounge
Game Night	Wednesday	6:30pm	Anchor Room
Active Aging	Thursday	1pm	Fitness Center
Koffee & Konversation	Friday	9:30am	Buckley Dining Room

## WORSHIP OPPORTUNITIES

Sunday Worship	Sunday	10am	Carman Center
MRA Chapel	Tuesday	10am	Carman Center
Unitarian Service	2 <sup>nd</sup> & 4 <sup>th</sup> Sunday	10:30am	Montgomery Lounge
Eucharist (BCP)	1 <sup>st</sup> Sunday	3pm	Fireside Room

**Visit Mayflower's Facebook page at**

<https://www.facebook.com/Mayflower-Community-164019130292098/>