

Visit us on Facebook at:

<http://bit.ly/mayflowercommunityfacebook>

Mayflower Community Well-Being Programs and Survey

Well-being encompasses a multi-dimensional lifestyle, including physical, spiritual, and mental well-being. The Mayflower Community seeks to support the growth, development, and well-being of residents and employees with our physical space, programs, and staffing.

We are seeking information related to your well-being. It will take less than ten minutes to provide feedback about your well-being and services. Please respond to the [link](http://bit.ly/mayflowerwellsurvey) (bit.ly/mayflowerwellsurvey) in your email inbox or complete a hard copy, which is available at the front desk of the Pearson Building.



-Kellie McGriff, Associate Director/Administrator, Steve Langerud, Executive Director

Democratic Caucus Site at Mayflower



The Iowa Democratic Party will conduct a satellite caucus for Mayflower Community residents on 2020 caucus day: Monday, February 3rd. It will be held at 3:00pm in the Carman Center. Caucus-goers may start signing in at 2:30pm. Please enter the Carman

Center by way of the skywalk on the west from Beebe. The targeted time for adjournment is 5:00pm. Resident Nancy Wolff will be the main point of contact on site and will be assisted by volunteers.

The Iowa Democratic Party is encouraging any Mayflower residents to participate who is not a registered Democrat but who wishes to caucus. All caucus day participants at Mayflower are required to register no later than January 17th.

All-American Volleyball Player Speaks at Mayflower

Hannah Lockin, junior student-athlete at Baylor University, Waco, Texas, shared experiences from her successful volleyball and academic career on Tuesday, January 7th in The Mayflower Community. Hannah was interviewed by her father Doug Lockin, who has been Mayflower’s planned giving consultant since 2008.

Hannah is a Valley High School (West Des Moines) class of 2016 graduate. In her third season at Baylor and third as the starting setter, she was accorded first-team All-American honors while helping Baylor to an NCAA Division I third-place finish in the national tournament while completing a 29-2 season.



Ironically, Hannah and her parents visited the Baylor campus during her senior year of high school the day after another setter decided to decommit to a Baylor scholarship. Hannah quickly committed to the available scholarship. Among other attractions, she was drawn to Baylor’s commitment to “family,” among the players and their families.

A corporate communications major, Hannah will graduate Baylor in four-and-a-half years with her B.A. and master’s degrees. She observed that the volleyball season— training and matches—lasts from mid-January to mid-December with one day off per week.



When asked how volleyball players rest and recover during matches, Hannah said, “You have to use that golden 16 seconds, the time between the end of one point and the next serve!”

In her senior year at Valley High, Hannah was named the 2016 Iowa Volleyball Coaches Association 5A Player of The Year. In addition to the 2019 National Volleyball Coaches Association First-Team All-American honor, she was named unanimous 2019 Big 12 Setter of the Year was honored as a member of the 2018 and 2019 Academic All-Big 12 First Teams.

Hannah was accompanied to her Mayflower talk by her mother, Rhonda Lockin, and fiancé, Jay Sedwick, a Baylor football player.

-Bob Mann, Sales and Marketing Director

Good Deeds Could Lead to Less Physical Pain

In the December 31st, 2019 CNN weekly health newsletter, “The Results are In,” Dr. Sanjay Gupta excerpted a recent study that concluded, “science has shown that altruistic behaviors actually improve our health.” He defined these behaviors as “...putting the well-being of others before our own without expecting anything in return.”



For example, “Volunteering has been shown to minimize stress and improve depression. It can reduce the risk for cognitive impairment. It can even help us live longer.”

Gupta goes on to write, “A 2017 study found chronic pain sufferers who volunteered, reported decreased pain along with an improved sense of purpose. “A new series of studies,” Gupta wrote, “may have found one reason why: regions of the brain that react to painful stimulation appear to be instantly deactivated by the experience of giving.”

One more New Years’ Resolution: Do something good for someone else?

-CNN Weekly



New Informer Editor

Temesha Derby is the new editor for *The Informer*. Temesha is a Grinnell-native and graduated from Simpson College in 2018 with a Bachelor of Arts in Multimedia Journalism and triple minors. She has worked in various marketing and social media roles and is eager to be the new editor for Mayflower Community. Her email address for submissions is: tderby@mayflowerhomes.com

Submissions to The Informer

Publishing Dates:

Mon, Jan. 27th

Mon, Feb. 10th

Mon, Feb. 24th

Mon, March 9th

Mon, March 23rd

Submission Deadline:

Fri, Jan. 24th

Fri, Feb. 7th

Fri, Feb. 21st

Fri, March 6th

Fri, March 20th

Joy Douglas Retirement Event

A retirement open house was held for Joy Douglas on January 8th. Joy began working in Food Service for Grinnell's Mayflower Community in 2007, 13 years ago. Her last day of employment was Sunday, January 5th in the main food kitchen and in the Beebe Assisted Living dining room.

Joy and her husband are planning for an extended vacation.



Enjoy a Winter Getaway to the Mediterranean

Come and enjoy a delicious dinner of Greek cuisine on Thursday, January 23rd at 5:00pm in the Buckley dining room. Price is \$12.00 per person.



Appetizers will include: baba ghanouj, hummus, grape leaves, feta, olives, and spanakopita. There will be a buffet with over a dozen options, some include: baked eggplant moussaka, pastitsio, and baked fish souvlanki. Finish off with a delectable Greek dessert.

College Students Begin CNA Training Program at Mayflower

Ten Grinnell College students began a Certified Nurse Aid (CNA) training program on Monday, January 6th at The Mayflower Community (Grinnell, IA). This will be the second class of college CNAs trained by Mayflower, with the first class graduating this past June of 2019.

Under this special program, the students will be attending full-time CNA classes during their semester break. The classes are taught by certified instructor, Vickie Wieck, RN, Mayflower's Staff Development and Quality Assurance Nurse.

Working in conjunction with Grinnell College and Iowa Valley Community College, Mayflower is providing intensive training for CNA certification. Upon certification, the students will work part-time as CNAs in Mayflower's Health Center and Beebe Assisted Living, as their schedules permit. Their long-range goals include acquiring practical work experience as they pursue health careers.



The program is being coordinated by Mary Jane Shroyer, Director, Health Professions Career Community, Center for Careers, Life, and Service, Grinnell College; Robin Carmichael, Health Education Coordinator, Iowa Valley Community College, Grinnell; and Kellie McGriff, BSN/NHA, Associate Director/Administrator, The Mayflower Community.

The students are pictured during a recent day of "clinicals" (on-site training) at Mayflower. Front row left to right are Danielle Mydlo, Jade Bustamante, Lynn Nguyen, Abby Nielsen, and Olivia Krousie. Back row, left to right are instructor Vickie Wieck, Jill Paladino, Devanshi Patel, Heidi Korando, Onyin Onuegbu, and Durowaa Agyeman-Mensha.

-Bob Mann, Sales and Marketing Director

Help Available to Prevent Type 2 Pre-Diabetes

UnityPoint Health—Grinnell is offering a special lifestyle change program for people with prediabetes. The goal is to help participants make lasting changes to prevent type 2 (T2) diabetes.



Working in a group with a trained lifestyle coach you will learn how to eat healthy, add physical activity into your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

Prevent T2 groups meet for one year--weekly for the first 6 months and

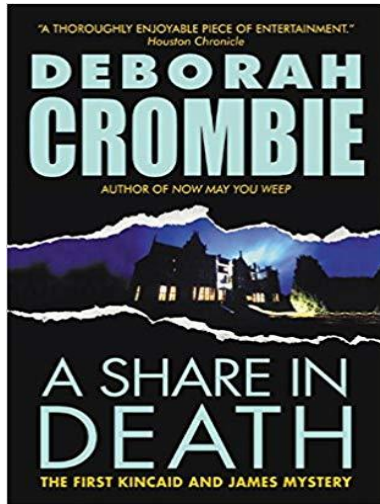
then once or twice a month for the second six months. The program is based on research that found people with prediabetes can cut their risk of developing T2 diabetes in half by losing 5 to 7 percent of their body weight.

The local program will be offered at Grinnell's Public Health Building, 306 – 4th Avenue (across the street east of the hospital) on Tuesdays at 1:30pm and Wednesday's at 5:15pm beginning January 21st and 22nd. There is no charge to participate in this program. Funding for the program is provided by a grant from the Lions Club International Foundation and other local donors. If interested, please contact Heather Coffman, PhD, Program Coordinator at heather.coffman@unitypoint.org or 641-236-2537.

Pictured are members of the task force that developed the program (left to right): Heather Coffman, UPH-Grinnell; Steve Langerud, The Mayflower Community; Colleen Johnston, Manatt's, Inc.; David Stoakes, Grinnell Lions Club; and Tom Lattimer, ASI Signage.

-Bob Mann, Sales and Marketing Director

Book Reviews



Deborah Crombie

Deborah Crombie is an American who writes British mystery novels with a sense of place that only comes from much time spent on location researching her settings. Many of her books give us an in depth look at London, be it Islington, Notting Hill, Southwark or the East End. Other novels take us into the British countryside. Her first mystery, *A Share in the Death*, is set in the Yorkshire Dales.

As the series progresses the bond between them becomes stronger. If you like your mysteries to work as novels, you will enjoy this series. I strongly suggest that you read these books in order. The second book, *All Shall Be Well*, takes us

to London, in fact to Kincaid's own neighborhood. For me, it was the second book that really got me hooked.

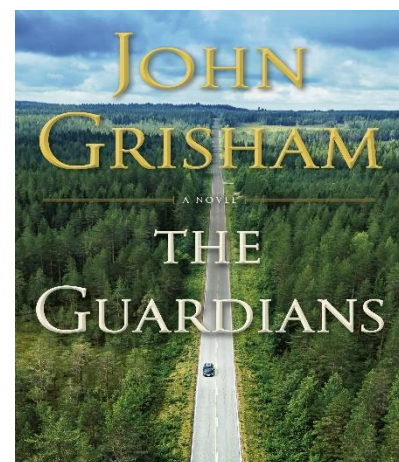
Let your new Library Committee Chairs, D'Ann Kelty and Katherine McClelland, know if you like this series and would enjoy seeing more of Duncan and Gemma. For Winspear fans, we suggest this new series when you finish book 14 of our now complete Maisie Dobbs collection.

-Katherine McClelland

The Guardians

The Guardian by John Grisham is a large print Fiction. A young lawyer named Keith Russo was shot dead at his desk. The killer left no clues but police came to suspect Quincy Miller, a young black man who was once a client of Russo's. Quincy was tried, convicted, and sent to prison for life.

For twenty-two years he has languished in prison. In desperation, he writes a letter to Guardian Ministries, a small nonprofit run by Cullen Post, a lawyer who is also an Episcopal minister. Cullen Post travels the country fighting wrongful convictions. With Quincy Miller he gets far more than he's bargained for. Powerful, ruthless people murdered Keith Russo, and they do not want Quincy Miller exonerated



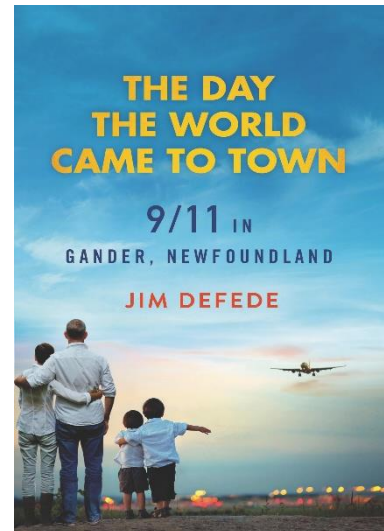
-Alicemary Borthwick

On the Podium for January

Book Club on January 17th

“The Day the World Came to Town”

by Jim Defede



Booklist for January

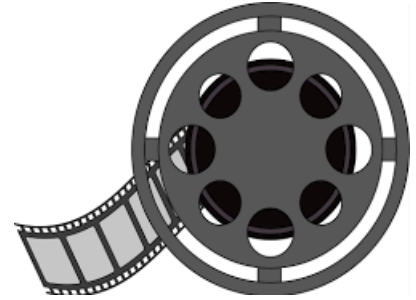
Author	Title	Genre
Baszcynski, Marylin	<i>Lyrical Iowa</i>	Poetry
Coben, Harlan	<i>Play Dead</i>	Fiction
Crombie, Deborah	<i>All Shall Be Well</i>	Mystery
Crombie, Deborah	<i>Leave the Grave Green</i>	Mystery
Esty, Katharine	<i>EightySomethings</i>	Social Science
Forsyth, Frederick	<i>The Fox</i>	Fiction
Krueger, William Kent	<i>This Tender Land</i>	Fiction
Noah, Trevor	<i>Born a Crime</i>	Memoir
Vuong, Ocean	<i>On Earth We are</i> <i>Briefly Gorgeous</i>	Fiction
Woodson, Jacqueline	<i>Red at the Bone</i>	Fiction

Chair Yoga: 11am- 11:50am in Montgomery Lounge

Jan 14	Jan 16	Jan 21	Jan 23	Jan 28	Jan 30
Feb 4	Feb 6	Feb 11	Feb 13	Feb 18	Feb 20

Kiesel Movie Saturdays

Feb. 1 st	The Color Purple
Feb. 8 th	Charade
Feb. 15 th	A Nun's Story
Feb. 22 nd	The Curious Case of Benjamin Button
Feb. 29 th	Notting Hill



Memorium

Howard William (Bill Arms)	January 6 th
Elaine Lewis	January 10 th



CATCH A RIDE ON LESTER!
COLLEGE MEN'S Basketball
BUS LEAVES FROM BEEBE Circle
Sign-Up in Pearson Lobby

Sat. Jan. 25 1:00 pm Knox College —Bus 12:30 pm
Wed. Feb. 5 5:30 pm Beloit College —Bus 5:00 pm
Wed. Feb. 12 5:30 pm Illinois College —Bus 5:00 pm

Birthdays

January 14 Janis Peak

January 19 Jeanette Budding

January 20 Esther Van Wyk

January 20 John Martinek

January 24 Joyce Wubbels

January 29 Anne Sunday

Armchair Travel: 2-3:30pm

Kiesel Theater

January 21: Iceland, Kansas, and Kentucky

January 28: New Zealand, Louisiana, and Maine



DOCUMENTARY AND DISCUSSION NEW SERIES!

"MATTERS OF CONSCIENCE"

KIESEL THEATER

Third Thursdays 2:30 pm

Discussion Leader: Harley Henry

RISE OF THE SUPERSTORMS—

1/16/2020 2:30 PM

PBS NOVA 60 Minutes with Subtitles

In just one month, Houston, Florida, and the Caribbean were changed forever. In the summer of 2017, three monster hurricanes swept in from the Atlantic one after another, shattering storm records and killing hundreds of people.

BLUE GOLD: WORLD WATER WARS—2/20/2020 2:30 PM
PURPLE TURTLE FILMS & PBS 90 Minutes (CC)

Wars of the future will be fought over water, as today they are over oil, as the source of all life enters the global and political arena. [Winner: Best Ecological Film, Toronto Film Festival]

Worship Opportunities



Sunday Worship	Sunday- 10am	Carman Center
MRA Chapel	Tuesday- 10am	Carman Center
Unitarian Service	2 nd & 4 th Sunday- 10:30am	Mont. Lounge
Eucharist (BCP)	1 st Sunday	Fireside Room

Brain Scientists Tap into Secrets of Staying Healthy While Aging

A group of retired 50+ year-old women get together in Austin, Texas for an hour every day to bike ride. The group calls themselves the “Golden Rollers.” The riders can choose from a variety of bike types, whatever they’re most comfortable with.

“With seniors, it’s less about transportation and more about access to the outdoors, social engagement and quality of life,” said Christopher Stanton, whose idea for Golden Rollers grew out of the Ghisallo Cycling Initiative, a youth biking nonprofit that he founded in 2011.



How does this help aging seniors stay healthy? Brain scientists say that exercising both body and brain can help people stay healthier longer. The new ideas about aging recognizes not just ones’ lifestyle, but how vibrant a person stays, later on in life.

Washington University School of Medicine in St. Louis began studying life span and how genes affected and controlled life span- coining a new term, “healthspan.” Healthspan refers to the years that a person can expect to live who is in generally good health- free of chronic illnesses and cognitive decline.

Scientists are continuing to look at how to improve and increase a person’s healthspan, which is especially important for aging seniors.

-Scientific American