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### **Grinnell College International Students Dine at Mayflower**

Guess who came to dinner? On Tuesday evening, January 14th, a group of Grinnell College international students led by Molly Ullestad, International Student Advisor, and hosted by Mayflower residents dined on a scrumptious taco bar prepared by the Mayflower Food Service staff.

With the College dining services closed for winter break, the night out at Mayflower served to break the drudgery of frozen pizza and various home-cooking efforts by the students. The meal preparation was managed by Mayflower's Scott Gruhn and Pouch Rojohn.



The hosts included residents Arnie and Harriet Adelberg, Lyle Kuehl, John and Dorothy Noer, and Gordon and Karen Packard along with Mayflower Executive Director, Steve Langerud.

The students hail from the following countries: Brazil, India, Jamaica, Japan, South Korea, Uzbekistan, and Zimbabwe. Therefore, the international food of tacos hit the spot!

*-Bob Mann, Sales & Marketing Director*



### Bookin' It at Drake

Bookin' It @ the Drake, a bi-monthly book discussion which meets at Drake Community Library, will hold its next meeting on Thursday, March 12 at 7 p.m. The book to be discussed is "*Educated*" by Tara Westover. A memoir about a trauma filled upbringing in Idaho within a survivalist family that rejects modern medicine and public education. Ms. Westover's hunger for knowledge leads her to break free from her family in order to pursue an education.

The book group is open to the public and chooses both non-fiction and fiction titles to discuss. Drake Community Library purchases several copies of each title for general circulation so that anyone wanting to participate may do so.

Book discussions are held on the second Thursday every other month. The title chosen for May 14 is "*The Mothers*" by Brit Bennett, the 2020 All Iowa Reads Selection.

New readers are always welcome to Bookin' It @ the Drake. Questions? Call Marilyn Kennett at 641-236-2661. If you are a person with a disability who requires special assistance, you are also encouraged to call the library at 641-236-2661 in advance of the program.

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### Joleen Jorgensen Joins The Mayflower Community as Department Head

The Mayflower Community (Grinnell IA) has announced that Joleen Jorgensen is the new Department Head for Environmental Services. In this capacity, Joleen will be responsible for Housekeeping and Laundry staff plus various other duties. She will report to Jack Morrison, Mayflower's Director of Facility Operations.



Joleen is coming from Winterset, Iowa where she served as the manager of QHC Madison Square, an assisted living and dementia care facility. Jack Morrison says, "We look forward to Joleen taking responsibility for the quality of Mayflower's many facilities as this has always been a hallmark of our service. She brings a broad background of caring for others to this new role."

## **Grinnell College Men's and Women's Basketball Players Dine at Mayflower**

During Winter Break at Grinnell College, both the Market Place Dining Hall and the Spencer Grill located in the Joe Rosenfield '25 Center are closed. Therefore, the athletic teams and international students staying in Grinnell through the holiday did not have dining access. The teams include Pioneer men's and women's basketball, men's and women's swimming and diving, and men's and women's track and field.



So....Grinnell's Mayflower Community treated six teams and the international students to supper on designated evenings. This is a tradition begun at Mayflower about 15 years ago.

On Monday, January 13th, the first group of diners was the men's and women's basketball teams, which are led by David Arseneault Jr. and Dana Harrold, respectively. The pasta buffet was prepared and served by Mayflower's Food Service staff, and Mayflower residents and friends hosted.

*-Bob Mann, Sales & Marketing Director*

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## **Senior Living: Active Wisdom**

Aging is not equivalent to ending your social life. Three organizations in Colorado are working to keep seniors active through volunteer work, events and exercise.

One of the programs includes a kickboxing course for seniors which aims to stop and revert the effects of Parkinson's Disease. Another is a 25-minute yoga class which focuses on aging flexibility and mind clarity.

Another wellness center there focuses on educational sessions- well being for the mind. One program attempts to keep seniors busy through volunteer work and partnering with local organizations needing work, which can provide seniors with light exercise while servicing their communities.

*-Eldorado News Times*

## Transition Treks

Recent Mayflower independent living transition activity includes:

### • Moved In:

- o Joan Brand-Landkamer from Harwich Terrace North to Buckley #210
- o Jim and Janet Ferguson from Grinnell to Buckley #205
- o Art Heimann from Buckley #210 to Beebe Assisted Living
- o Phyllis Saunders from Buckley #101 to Beebe Assisted Living
- o Don Smith from Buckley #318 to Beebe Assisted Living
- o Norma Veldboom from Pearson #205 to Beebe Assisted Living
- o Elaine White from Buckley #316 to Beebe Assisted Living

### • Moves in Process:

- o Tom and Emily Moore from Grinnell to 716 Broad Street Harwich Terrace North
- o Rey Evans from Buckley #203 to Buckley #316
- o John Landkamer from Grinnell to 702 Broad Street Harwich Terrace North
- o To Be Announced (2) – New Harwich Terrace homes at Hamilton and State in planning process

## Birthdays

Jan. 29	Anne Sunday	Feb. 5	Laurel Keller
Feb. 8	Marvel LaCasse	Feb. 10	Howard Raffety
Feb. 7	Sue Dimit		



## **More Grinnell College Athletes Have Supper at Mayflower**

Members of the men's and women's swimming and diving teams with their coach Erin Hurley, came to dinner on January 25th at The Mayflower Community. Coach Hurley has been at the helm for 25 seasons!

As has been our 15-year tradition, Mayflower hosts on-campus students and athletes during winter break when the dining services are closed. With the swimmers and divers, more joined in the dining fun...MANY more. There were hundreds there. Well, maybe 78, but that's a lot of pasta and salad!

The group was hosted by residents Art Heimann, Russ Leggett, Jean Libbey, and Gordon and Karen Packard, friends Pat Cushing and Dee Fairchild, and Mayflower leadership, Executive Director, Steve Langerud and Associate Director/Administrator, Kellie McGriff, BSN/NHA.

The food was prepared and served by the Mayflower Food Service staff, led by Scott Gruhn, Pouch Rojohn, and Jacque Kirby.

*-Bob Mann, Sales & Marketing Director*

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## **Reminder: Winter Wellness Getaway on February 15, 2020**

Everyone deserves some time to recharge and refresh. Especially YOU. UnityPoint Health Grinnell's Winter Wellness Getaway is packed with wellness and fitness sessions to lift your health and overall well-being. Various classes include spin, yoga, cooking classes and more! Check out the full listings at UnityPoint Health's website.

\$75 for day classes+ speaker + dinner at Hotel Grinnell or \$45 without day classes



## **Mayflower Residents Conduct Town Meeting**

The quarterly meeting of the Mayflower Residents Association (Grinnell IA) was held on January 20th and included the transition of leadership and a recap of 2019 activities.

Gene Wubbels assumed the presidency from now Past-President, Linda Myren. Jack Mutti became the new President-Elect, Jan Peak became the Secretary, and Carmen Raffety will be the new Treasurer. Other Executive Officers include Jeananne Schild and Montie Redenius.

In addition, 13 standing committees are staffed with two to eight members each. All totaled, there are 67 Mayflower residents serving on the standing committees. The staffing of these roles was the responsibility of the Nominating Committee.

During the annual meeting reporting time, some of the 18 Mayflower Residents Association (MRA) committees highlighted 2019 achievements. The Hospitality Committee shared that 19 residents served as Neighborhood Hosts and 22 served as new resident Guides.

The Mini-Gift Shop raised \$6,000, which will be distributed to the Mayflower Human Needs Endowment Fund (H.N.E.F.). The Memorial Committee donated \$557 to the H.N.E.F. in the name of residents who died in 2019. The Chapel Committee conducted Tuesday nondenominational services every week. The Audio-Visual Committee upgraded the Carman Center sound and projection systems, and is now taking aim at the Kiesel Theatre.

The Social Committee hosted 13 different meal or holiday events. A large number of donated or new books were added to the Mayflower libraries. The Lyceum hosted 39 different Thursday night entertainment events. The “Log” Committee produced four multi-page, color newsletters, featuring new residents and other facets of Mayflower living.

Associate Director/Administrator, Kellie McGriff, presented two healthcare managers, Holly Thomas, Director of Health Services, and Julie Smith, Assisted Living

and Home Services Director, who provided personal backgrounds and discussed various health initiatives.

Scott Gruhn, Director of Food Services, updated the gathering on the status of Open Dining—in full swing in the Health Center and the Buckley Dining Room with plans in process for Beebe Assisted Living. Additional meal item choices will be introduced soon.

Executive Director, Steve Langerud, shared a number of initiatives in process including various projects with Grinnell College, the addition of a work-study student working on virtual reality for residents with dementia, enhancement of wellness programs with a grant-funded, trained Tai Chi instructor, the formation of a Long-Range Planning residents task force to work with Mayflower Trustees, the results of a spirituality study of resident's needs, and a well-being survey.

Whew! Things are alive and well among Mayflower residents.

*-Bob Mann, Sales & Marketing Director*

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**Library Meeting on Wednesday, January 29<sup>th</sup> at 3:15pm in the Pearson Conference Room!**

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**Submissions to The Informer**  
**([tderby@mayflowerhomes.com](mailto:tderby@mayflowerhomes.com))**

**Submission Deadline:**

Thurs, Feb. 6<sup>th</sup> for publishing on

Thurs, Feb. 20<sup>th</sup> for publishing on

Thurs, March 5<sup>th</sup> for publishing on

Thurs, March 19<sup>th</sup> for publishing on

**Publishing Date:**

Fri, Feb. 14<sup>th</sup>

Fri, Feb. 28<sup>th</sup>

Fri, March 13<sup>th</sup>

Fri, March 27<sup>th</sup>

**Bucket Courses at Grinnell College**

Bucket Courses in February will feature two Grinnell College professors: Cori Jakubiak, Associate Professor of Education, will offer a one-session course on “The Ethical Shopper” on February 5; Karla Erickson, Professor of Sociology, will offer three sessions (February 12, 19, and 26) on “Messy Humans: A Sociology of Robots and Artificial Intelligence.”

A Soc: The classes will be offered on Wednesdays from 10:00-11:30 am at the Caulkins Room of Drake Community Library. Cost for the sessions is \$15 for the month (4 sessions), payable at the first session. Registration is available at [<http://www.grinnellcecbucketcourses.org/register-forcourse.html>]

Jakubiak will begin her one-session class with a brief historical account of how and why shopping has become linked to social causes such as environmental sustainability, international development, labor rights, and disease prevention. She will use the examples of fair trade, breast cancer "pink," Product Red, and ethical tourism, to argue that "ethical shopping represents an aspect of 'life politics,' which shifts political action to the individual, rather than collective, realm.”

She will discuss the implications of this shift. At Grinnell, Jakubiak, an associate professor in the Education Department, guides students and pre-service teachers in studying and teaching English as a Second Language. Her research focuses on critical issues in English language education. In particular, she is interested in English language voluntourism, or short-term, volunteer English language teaching in the Global South.

Jakubiak is also interested in U.S. K-12 schooling as it relates to English language learners (ELLs), world language education, and issues of ecological and social justice. She received her BA from the University of Michigan, her MA from Eastern Michigan University, and her PhD, in Language and Literacy Education, from the University of Georgia.

“Messy Humans: A Sociology of Robots and Artificial Intelligence,” Karla Erickson’s three-session course, (February 12, 19, and 26), builds on the course she offered last year at the Bucket Courses. She will explore the cutting edge capacities of robotic and AI technology, particularly in relation to human/machine interactions.

Erickson points out that our relationships with technology bleed into and inform our relationships with others and ourselves, so when we think through a critical lens about technology we get to a whole host of interesting questions: what makes us human? What is particularly special about humans (if anything)? What are we made for? Erickson comments, “The goal of the course is for participants to feel equipped with knowledge, critical questions and tactics related to developing rewarding



relationships with new tech. My students will be giving the final lectures in the series and will give a global and young-adult inspired view of what is possible from these new machines, and what, if anything, is lost when we rely on them. I'm looking forward to more productive and provocative conversations with class members and 7 of Grinnell College's brightest students.”

Karla Erickson is a feminist ethnographer of labor who studies interaction and community in market exchanges. She has also studied feminists in the academy. Her upcoming research focuses on three areas: a comparative study of the careers of middle-career faculty; an examination of Critical Race Theory and pedagogy in the Trump era; and a project on white protectionism and declining employment.

Erickson designed and launched a new program on mid-career faculty development at Grinnell College. She received her Ph.D. in American Studies and Feminist Studies from the University of Minnesota in 2004, her MA from Hamline University in 1998, and her BA from Illinois Wesleyan University in 1995.

Judy Hunter, Mayflower Resident

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**Grinnell Stories:  
African Americans of  
Early Grinnell**

A Book Talk by  
Professor Emeritus and local  
historian, Daniel Kaiser



4:15 P.M.

February 18, 2020

Burling Library, Burling Lounge

Light refreshments will be served.

**Book Launch**

In early February the Grinnell Historical Museum will publish GRINNELL STORIES: AFRICAN AMERICANS OF EARLY GRINNELL. The book's twelve chapters introduce some of the more than 200 African Americans who lived in Grinnell between its founding and 1950. The idea is to help color in Grinnell's history which has rarely given space to the African Americans who lived and worked here.

Co-sponsored by the Department of History and the Grinnell College Libraries.

The author, Daniel Kaiser, a retired Grinnell College Professor of History and a member of the Museum Board, will discuss the book and read brief selections at a book launch at Grinnell College's Burling Library lounge

(1st floor), Tuesday February 18, 4:15 PM. Everyone is invited. Light refreshments will be provided.

### **College Student CNAs at Mayflower Pass!**

The ten Grinnell College students who spent their winter break in Grinnell taking Certified Nurse Aide (CNA) classes and performing clinical training in the Mayflower Health Center, all passed their certification testing on Monday, January 20th!



The examination process included a skills portion, where the students had to demonstrate universal precautions, resident safety, and health assessment capabilities. That was followed by an on-line test about the classroom training material.

Ten went in; ten came out....successful!

Their results have been forwarded to the Iowa State Department of Inspections and Appeals for certification, logging, and issuance of their identification cards. That process should be completed by early February. Then, the students can incorporate CNA work at Mayflower with their intensive Grinnell College studies in preparation for future careers in the health field.

Shown in the accompanying photograph are front row (left to right) Danielle Mydlo, Carpentersville IL; Jade Bustamante, Longmont Co; Lynn Nguyen, Springfield VA; Abby Nielsen, Albuquerque NM; and Olivia Krousie, Montezuma IA.

In the back row (left to right) are instructor Vickie Wieck, Mayflower; Jill Paladino, Downers Grove IL; Devanshi Pater, Carol Stream, IL; Heidi Korando, Kenosha WI; Onyin Onuegbu, St. Paul MN; and Durowaa Agyeman-Mensha, Ham Lake MN.

*-Bob Mann, Sales & Marketing Director*

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**Please wish a special, belated birthday to Mary Ellen Lynch who celebrated her 95<sup>th</sup> birthday on January 20<sup>th</sup>!**

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## Two Help Desks Scheduled for On-line Directory Access

Karen Phillips will be available in the MRA Conference Room in Pearson twice in the coming weeks. The first session will be held Tuesday, January 28th from 3:00 - 5:00 pm. The second will be the following Friday, February 7 during the same two hour block, from 3 - 5 pm.

Please bring your laptop computer, Ipad, or any other portable device that you would use to access the site. During these sessions Karen will help you access the directory site if you have never been able to do that, and will also be able to show you how you would add a short biographical sketch to your individual page on the site if you want to add one.

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## The Grinnell Heritage Center Project

On Tuesday, February 11, at 2pm in Kiesel Theater, please join us for a very special Forum presentation. Melissa and Andy Dunham, owners of Grinnell Heritage Farm will present information on an exciting new venture, The Grinnell Heritage Center, a project that has the potential to greatly enhance the face of Grinnell. JR Paulson has also been asked to be part of this presentation.

The mission of the Grinnell Heritage Center is this: Through the lens of environmental justice, the Center will provide outdoor experiential opportunities to develop ecological knowledge and lifelong skills such as problem solving, communication, teamwork, critical thinking, resiliency, inclusiveness, and social responsibility.

In addition, the Grinnell Heritage Center will build connections and community for all ages through volunteerism, the arts, and recreational events. Please come and hear more about this life changing project for members of the Grinnell community.

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## Chair Yoga: Tuesday and Thursday 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

## The Forum

The FORUM is scheduled for March 10, 2-3:30pm in Kiesel Theater, will focus on an important aspect of Grinnell's history: "Uncovering Grinnell's African American Past?" Please come and become better informed about our town's past, and the difficulties discovering it.

Dan Kaiser, Professor of History Emeritus at Grinnell College and author of GRINNELL STORIES: AFRICAN AMERICANS OF EARLY GRINNELL (2020), will talk about some of the challenges of researching Grinnell's African Americans, and the importance of doing so. He will also read brief selections from his recently-published book and entertain questions.

Chris Hunter, Mayflower Resident



### It's Valentine's Time in Mayflower's Mini-Gift Shop!

What is new in the Mini-Gift Shop? There is a Valentine's table. February 14th is coming shortly. In addition, the stock of greeting cards has been replenished in addition to the Valentine's Day cards on the main display table. The regular greeting cards and the beautiful Valentine's Day cards are all only 75¢.

The Mini-Gift Shop is located in the lower level of The Mayflower Community's Pearson building, 616 Broad Street, Grinnell IA.

The Mini-Gift Shop is a charitable operation of the Mayflower Residents Association that accepts quality donated items and sells them for minimal prices with the proceeds being contributed to the care of residents whose funds have been depleted. It is managed and staffed by Mayflower residents, about 40 different volunteers doing something in support. It is open six days a week, two hours a day at 9:30am on Monday, Tuesday, Wednesday, Friday, and Saturday and 2:00pm on Thursdays.

M. J. Zimmerman, Mayflower Resident

## Lyceum

*Thursdays at 7pm in the Carman Center*

Jan. 30th - Will Freeman's adventures traveling about the country in his unique vehicle

Feb. 6th - Two students from the college singing show tunes

Feb. 13th - Royce Wolf, piano selections

Feb. 20th - Vox Feminae, a women's vocal group from the college

Feb. 27th - Shults and Co. music from their latest show

March 5th - International Student(s) from the college

March 12th - Gail Bonath and her music students

## Saturdays Matinee 2:00 pm Kiesel Theater

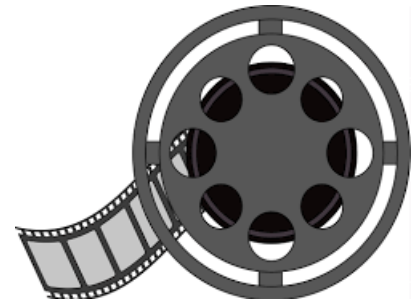
Feb. 1<sup>st</sup>                      The Color Purple

Feb. 8<sup>th</sup>                      Charade

Feb. 15<sup>th</sup>                     A Nun's Story

Feb. 22<sup>nd</sup>                    The Curious Case of Benjamin Button

Feb. 29<sup>th</sup>                    Notting Hill



**CATCH A RIDE ON LESTER!**

**COLLEGE MEN'S Basketball  
BUS LEAVES FROM BEEBE Circle  
Sign-Up in Pearson Lobby**

**Wed. Feb. 05 5:30 pm Beloit College —Bus 5:00 pm**

**Wed. Feb. 12 5:30 pm Illinois College —Bus 5:00 pm**

**DOCUMENTARY AND DISCUSSION NEW SERIES!**  
**"MATTERS OF CONSCIENCE"**

**KIESEL THEATER: Third Thursdays 2:30 pm**  
Discussion Leader: Harley Henry

**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**



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

**Booklist for January**

<b>Author</b>	<b>Title</b>	<b>Genre</b>
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
Woodson, Jacqueline	<i>Red at the Bone</i>	Fiction