

## The Informer

March 18th, 2022

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### Well-Being at Mayflower

#### Announcing the Well-Being Program at Mayflower

Mayflower wishes to support resident and staff health and well-being. The Community Life and Wellness and Foodservices departments are launching a new wellness and food feature in the *Informer*. Our goal is to share information and host community events for engagement with wellness ideas, recipes, and recreation. The first series will examine brain health and the “MIND” diet.



The MIND diet is a research-based dietary pattern that emphasizes specific foods shown to slow cognitive decline and reduce the chances of developing Alzheimer’s disease. MIND is an acronym: Mediterranean-Dash Intervention for Neurodegenerative Delay. MIND dietary recommendations are a hybrid of two existing eating patterns, the Mediterranean diet and the DASH diet. Both diets have decades of research supporting their efficacy in reducing the severity of some chronic diseases. Illnesses like heart disease, diabetes, high blood pressure, and high cholesterol have been mitigated, and in some cases eliminated, by dietary intervention alone.

Knowing the positive effects food choices can have in disease management, researchers turned to examine how food might slow or prevent degenerative diseases of the brain. MIND-recommended foods are known to contain nutrients vital for brain health and repair. Results from the research conducted thus far have been very promising. One study shows that brain aging can be slowed up to 7.5 years in individuals following the MIND dietary pattern.

MIND-healthy foods are accessible, versatile, and satisfying across a wide range of preparation methods. Eating “MINDfully” requires no sacrifice of taste or enjoyment of the eating experience. However, any dietary change requires modifying former food norms and eating patterns. Dietary change is more manageable and longer lasting when broken into smaller steps. Over the next several months, the wellness and food feature will discuss the MIND-diet in bite-size segments. Watch for more MINDful information to come!

References:

<https://pubmed.ncbi.nlm.nih.gov/28440854/>

<https://pubmed.ncbi.nlm.nih.gov/26086182/>

*-Meredith Crow, MA, RD, LD, Mayflower Dietitian*

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### **Celebrating Fat Tuesday at Mayflower**

On Tuesday, March 1<sup>st</sup>, The Mayflower Community (Grinnell IA) celebrated Fat Tuesday (Mardi Gras) in the Health Center and Beebe Assisted Living. Residents donned Mardi Gras masks, beads, and hats while enjoying photos, history, and a trivia quiz. The Mayflower Community Life and Wellness staff served freshly-baked king cakes, compliments of Mayflower Foodservices. One piece of the king cake in the Health Center and one in Beebe contained the traditional plastic baby, symbolizing the birth of Jesus, bringing to the diner good luck.



*-Leslie Jaworski, Community Life and Wellness Director*

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### **On A (Mayflower) Bicycle Built for Two**

Wednesday, March 2<sup>nd</sup> was a warm and relaxing day to get outside! It was sunny and in the low 60's. For residents of The Mayflower Community, it was



an opportunity to breathe fresh air, enjoy the sunshine, and hear the birds sing. Ben Pearce, Les Hall, and Neil Burkett, Facilities staff, set up courtyards and other seating areas for residents to enjoy. Then, Ben brought out Mayflower's Fun2Go bikes and cleaned them up so Community Life and Wellness staff could give residents bike rides around town.

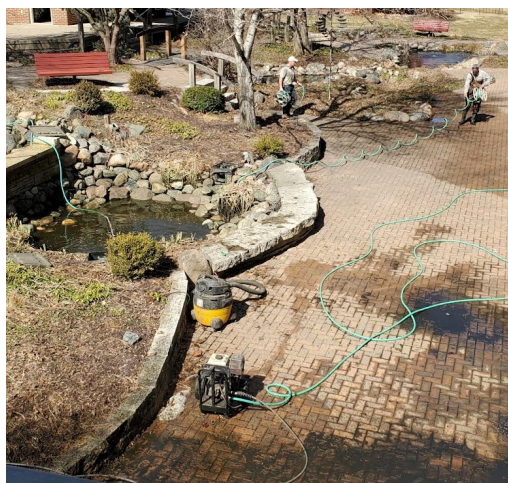


The Fun2Go three-wheel bikes by Van Raam are adaptive cycles that include auxiliary electric motors. Mayflower has two different types: 1) the tandem tricycle, which allows two passengers seated next to each other to ride and converse while one rider can peddle, freewheel, or remain stationary and 2) the rickshaw transport bikes, which seat two passengers propelled by the “driver” who pedals and uses the motor, as necessary.

In the accompanying photo, resident Pat Groth rides in tandem with Leslie Jaworski, Mayflower Community Life and Wellness Director.

Now, Mayflower staff and qualified residents can do the “driving” while talking with their passengers.

*-Leslie Jaworski, Community Life and Wellness Director*



## Dirty Jobs

So, what do you think is the dirtiest job? Oil rig worker? Sewage clean-up? Coal miner? Dairy farmhand?

Well, in The Mayflower Community in Grinnell, Iowa, it just might be the annual fishponds cleaning! In this photo, Gardens and Grounds

Supervisor, Ben Pearce along with staff, Les Hall and Neil Burkett, took on this work on the Ides of March (March 15<sup>th</sup>)! Ugh!

They drained the two koi fishponds in the Buckley Courtyard—one



at a time—scrubbed them down, rinsed away the residual buildup, and refilled them. Nasty!

The rest of us who work at Mayflower really appreciate it....because we don't have to do it! And, we know that within a month or two, this strikingly beautiful garden spot will sparkle again with spring growth and sweet smells.

*-Bob Mann, Sales & Marketing Director*

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### **Bill Lawyer Plays for Mayflower Residents**

Bill Lawyer, Marshalltown acoustical guitarist, played for residents of The Mayflower Community's Health Center and Beebe Assisted Living on Friday, March 11<sup>th</sup>.



Bill describes himself a “finger-style flat-picking guitarist.” Playing since he was 15 years old, Bill performed a variety of music with special interest in Kris Kristofferson, Hank Williams, and Kenny Rogers.

*-Bob Mann, Mayflower Sales & Marketing Director*

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### **March Wine & Cheese Gathering**

The next Wine and Cheese event will be on Friday, March 25<sup>th</sup>, 4:30-5:30pm, Buckley Dining Room. Relax with Mayflower residents!



### **Resident News**



### **Poet in The Mayflower Community**

This is Mayflower resident, Judy Hunter's, original poem, which was

awarded first place in the “General” category in Lyrical Iowa’s 2021 annual poetry competition sponsored by the Iowa Poetry Association. The contest, “Lyrical Iowa,” is part of an annual anthology of more than 300 poems chosen from those submitted in various categories by Iowans.

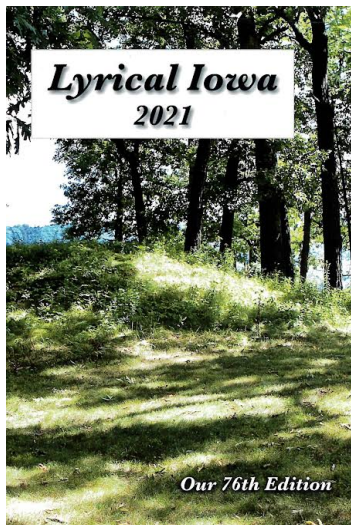
### A Toddler Meets The Sea

The two-year old knows not the power  
Of waves that roll in hour by hour.  
He fights the force with sheer delight  
He rocks and sways; he does not cower.

His body feels the water's light  
Liquid touch disguising might.  
He sits in sand, rocks to and fro  
As waves burst in and then take flight.

He doesn't know the undertow  
That pulls relentless far below.  
He wants to make the sea his own;  
His hands caress the restless flow.

The tyke stands, aweless, fear unknown  
His upright torso sets the tone.  
He heaves an ancient wind-whipped stone  
As if to smite the sea alone.



The Iowa Poetry Association (IPA) is a non-profit organization whose sole objective is to promote interest in and appreciation of poetry among Iowans through educational opportunities, poetry writing contests, and the publication of their annual anthology of Iowa poetry.

Each year, IPA offers **workshops** where participants’ poems are critiqued by eminent teachers, editors, and publishers. In addition, the “**IPA LIVE!**” online program of monthly mini-workshops and readings brings poetry learning and reading opportunities to IPA members across the state.

The IPA is an affiliate society of **The Academy of American Poets**



and **The National Federation of State Poetry Societies, Inc.** Membership in IPA is open to any individual or group with an Iowa address. [You can find more information here.](#)

*-Bob Mann, Mayflower Sales & Marketing Director*

## Birthday Wishes

Karen and Gordon Packard wish to really thank all the people who sent birthday cards for our 90th birthday celebration. It was a wonderful event and we enjoyed opening all kinds of cards from you and others from all over Iowa.

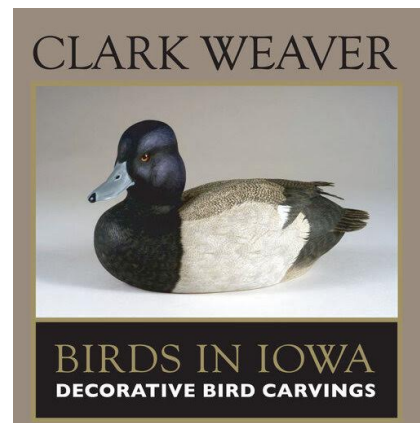
28 of our family came, ranging from 5 years up. Pat Packard Yungclas also was here and saw some of you and regretted that she did not have more time to see many others.

*-Karen Packard, Resident*

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## MRA April Forum

The April monthly Forum will be held on the second Tuesday, April 12<sup>th</sup>, from 2:00 to 3:30pm in the Kiesel Theatre. Featured will be well-known, local bird-carver, Clark Weaver, who has received acclaim and awards for his outstanding wood carvings, in Iowa and across the country.



Clark will be sharing insights into his techniques, tools, and artistic inspiration. Come and learn about his creative process and enjoy viewing some of his exciting works.

*-Sara Adams, The Forum Committee*

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## Happenings at Grinnell College



### Scholars' Convocation

For nearly four decades, the Scholars' Convocation series has created a common educational experience shared by the entire Grinnell College community. Established in the late 1970s in response to the

College's move to an open curriculum, the accessible interdisciplinary nature of convocation offers an intellectual encounter that transcends disciplinary boundaries.

Unless otherwise indicated, Scholars' Convocation lectures will be held in Joe Rosenfield '25 Center, Room 101 at 11am.

**April 7, 2022:**

Scholars' Convocation: Stephanie Jones



## The Metropolitan Opera at Grinnell College

The Metropolitan Opera is livestreaming from New York to Grinnell College, reviving a program popular prior to the pandemic. The Met, founded in 1883 at the corner of Broadway and 39<sup>th</sup> Street in New York and now located since 1966 in the Lincoln Center, produces an annual lineup of "cinema" HD shows that are carried by selected theatres.

The schedule for 2022 is as follows:

- *Don Carlos* (Verdi) March 26, 2022 @ 11:55am
- *Lucia Di Lammermoor* (Donizetti) May 25, 2022 @ 6pm (Wednesday night)
- *Hamlet* (Dean) June 4, 2022 @ 11:55am

Tickets must be purchased at the door—\$15 for adults and \$10 for children 12 and under. The College also has some season passes available for \$100. To purchase a pass, email Britta Meints at [meintsbr@grinnell.edu](mailto:meintsbr@grinnell.edu) to coordinate payment and pick-up.

Please wear your mask while indoors.

*-Bob Mann on behalf of Britta Meints, M. Ed., Guest Housing & Special Programming Coordinator, Conference Operations and Events, Joe Rosenfield Center, Grinnell College (641-269-3235).*

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## The Mayflower Poetry Club Resumes Meetings

The Mayflower Poetry Club meets the second Monday of each month, at 2:15 PM in the Mayflower J&B Bistro (Buckley first floor, south of the Dining Room). Meetings last between an hour and 90



minutes.

The tradition is to bring a poem you like from a published or known poet, a poem of your own, or both. We read the poems aloud and discuss them. Please join us, and feel free to just show up and observe if you just want to check it out. You can contact Tom Moore (641-236-3006 or [tommoore1819@gmail.com](mailto:tommoore1819@gmail.com)) if you have questions.

*-Tom Moore, Poetry Club Member*

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## Mayflower March Chapel Service Schedule

# Worship

The Spiritual Life Committee of the Mayflower Residents Association presents weekly Chapel Services:

- Tuesday mornings
- 10:00 to 10:30am
- Kiesel Theatre

The worship leaders for upcoming services are:

March 22th: Rev. Anthony Nieuwsma, Pastor at Friends Church, Grinnell

March 29th: Diane Eberhart, Grinnell Resident, with Jean Libbey and Joyce Wubbels, Mayflower Residents, presenting a meditative service with music and scripture

April 5th: Rev. John Noer, Retired United Church of Christ Pastor and Mayflower Resident

April 12th: Rev. Wendy Abrahamson, Senior Pastor, St. Paul Episcopal Church, Grinnell

***Wanted:** Volunteer musicians, and persons willing to serve on the Mayflower Residents Association Spiritual Life Committee. If interested, please contact Dorothy Noer, Spiritual Life Committee Chair, at 712-420-1337 or email [jdnoer@gmail.com](mailto:jdnoer@gmail.com).*

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**Toby Jugs and Character Mugs in  
Mayflower's Treasure Chest**



The Mayflower Community March Treasure Chest display is featuring a collection of Toby Jugs and Character Mugs owned by Mayflower resident, Dorothy Martinek. Dorothy has been collecting these ceramic pieces for about 50 years.



Mayflower's Treasure Chest, overseen by a Mayflower Residents Association standing committee, is located in the lobby of the Pearson building. Each month the display, in the locked glass cabinet, changes to feature various collections, usually those of residents.



The handful of Toby Jugs in Dorothy's collection are depictions of the original "Toby Fillet" (or Philpot). Toby Jugs, first appearing in 1770, were named for an 18th-century Yorkshire (England) man who got the nickname, "Toby Fillpot," after he drank 2,000 pints of Yorkshire Stingo (ale). A Toby Jug is a figural ceramic pitcher modeled in the form of a popular character, historical, fictional, or generic. It can be a person or animal. See the accompanying photo.

The majority of Dorothy's collection are Character Mugs, which feature literary characters, famous Americans, statesmen, pirates, and various tradesmen. They display characters' heads and shoulders, and most of Dorothy's are crafted by Royal Doulton. In the attached photo are an Annie Oakley and a Buffalo Bill Character Mug.

Doug Cameron, a member of the MRA Treasure Chest Committee, wishes to inform you that, "We are looking for future displays. If you have a collection of anything you would like to display (baskets for example), please contact Ginny or Doug Cameron." (641-236-4544. [cameronv641@gmail.com](mailto:cameronv641@gmail.com) or [dougcameron66@gmail.com](mailto:dougcameron66@gmail.com))

*-Bob Mann, Mayflower Sales & Marketing Director*

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## Mayflower April Treasure Chest Display

For the month of April, the Mayflower Residents Association Treasure Chest display will be resident Elaine Noe's "Antique Advertising Cards Collection from the Amana General Store." The treasure chest is a floor-to-ceiling curio cabinet located in the Pearson building lobby.



Elaine Noe shares that "Prior to the advertising of products using media that we have today, companies employed traveling salespeople to prepare and demonstrate their products to store owners and purchasing agents. They often left a "card" which illustrated the product."

"During this period, John Abraham Noe (1873-1943) was the accountant and purchasing agent for the Amana Society. His work took him to the "outside world" of Chicago, Kansas City, and Saint Louis. He would bring home these advertising cards to display in the Amana Society General Store."

His son, John August Noe (1900-1954), worked at a desk in the General Store as a teenager. Attracted by the beauty and artistic quality of these advertising cards, he began collecting the "outdated" cards and mounted them in a scrapbook. John Noe became a well-known Amana artist as well as one of the founders of Amana Refrigeration, Inc."

"After John August Noe's death in 1954, Elaine Fair Noe (wife of William John Noe) expressed interest in the scrapbook collection, which was eventually passed on to her."

*-Elaine Noe, Resident*

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## Movies

*2pm Kiesel Theatre*

**March 19<sup>th</sup>:** *The Music Man* (1962). This joyful film of the Broadway smash, remains an irresistible sky burst of Americana. Robert Preston recreates his triumph as con artist Harold Hill, arriving in River City, Iowa, to form a boys band, much to the disapproval...and





later delight of town librarian, Marian Paroo (Shirley Jones). Co-stars are Buddy Hackett, Hermione Gingold, Paul Ford, and 7-year-old Ron Howard. G. 151 minutes. English subtitles.

**March 26<sup>th</sup>:** *I Dreamed of Africa* (2000). Kim Basinger stars in this epic tale of a woman's quest for adventure and a new life in the majestic, untamed lands of rural Africa. Based on the true story by Kuki Gallmann, this beautiful film chronicles her life as she leaves her pampered existence in Italy with her son and new husband for the magnificence and danger of the Kenyan countryside. Kuki learns that life has a different rhythm. In her new home and when confronted with Africa's fury—unhindered lions, elephants and snakes, destructive storms, dangerous poachers—and the pain of personal loss, she also discovers her own inner strength and purpose. With breathtaking landscapes and riveting performances by Basinger, Vincent Perez, Eva Marie Saint and Liam Aiken, the film is a passionate and inspiring. PG-13. 115 minutes. English subtitles.

**April 2<sup>nd</sup>:** *The Wrong Box* (1966). In Victorian England the Finsbury brothers, Masterman (John Mills) and Joseph (Ralph Richardson), are the last surviving members of a tontine (life insurance plan) that will pay a huge sum to whomever lives longest. Hoping to bankroll his feckless grandson Michael (Michael Caine), Masterman asks Joseph to visit with the intention of killing him. Meanwhile, Joseph has two scheming nephews (Dudley Moore and Peter Cook) who also want the money. When they think Joseph has died en route to seeing his brother, they attempt to cover it up. 107 minutes. PG-13. Comedy.

**April 9<sup>th</sup>:** *Easter Parade* (1948). In this lavish musical, Broadway star Don Hewes' (Fred Astaire) dancing partner (Ann Miller) goes solo, and Don declares that he can make a hit performer out of the next dancer he sees. This turns out to be the inexperienced Hannah (Judy Garland), who bristles as Don tries to make her into his old partner. But as he realizes that he is falling in love with Hannah, Don knows that he must let her grow into her own kind of dancer if he wants her to reach her full potential. 107 minutes. No rating. English subtitles.

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### Koffee & Konversation Photo Identification Fun

If you are planning to come to Koffee  
and Konversation on Friday, April



1<sup>st</sup>, 10:00 am in the J&B Bistro, please bring a photo of yourself taken when you were between the ages of 16 and 16 years younger than you are now. Please enclose it in an unmarked envelope. Please wear your resident name tag. We will have fun trying to identify the photos.

-Jo Entwisle, Koffee & Konversation Member

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### Book List

#### Title and Author

*The Soul of a Woman* by Isabel Allende  
*Promise Me, Dad* by Joseph Biden  
*The Last House on the Street* by Diane Chamberlain  
*The Darkest Evening* by Anne Cleeves  
*18 Tiny Deaths: The Untold Story of Frances Glessner Lee and the Invention of Modern Forensics* by Bruce Goldfarb  
*The Boys* by Ron and Cliff Howard  
*Band of Sisters* by Lauren Willig  
*Gift from the Sea* by Anne Lindberg  
*The Good Son* by Jacqueline Mitchard  
*The Shadows of Men* by Abir Mukherjee  
*The Latinist* by Mark Prins  
*Mobituaries* by Mo Rocca  
*Republican Fathers* by Ralph Savarese  
*French Braid (LP)* by Anne Tyler  
*Grinnell College in the 20th Century* by Beatrice and Joseph Wall

LP= Large Print

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### Book Reviews

*Vanderbilt, The Rise and Fall of an American Dynasty*  
by Anderson Cooper and Katherine Howe

VANDERBILT is a glimpse into an iconic family that built up a fortune in the railroad business in the 19th century. Cornelius Vanderbilt left a \$100 million inheritance to his son, William, who



was the only Vanderbilt to add to the family fortune.

In the most moving section of this book, Cooper recounts his mother, Gloria's, traumatic childhood. Cooper says, "I think of my mother as the last Vanderbilt...the last to live what we might think of as the Vanderbilt life". This is a cautionary tale that proves that wealth does not buy happiness and in this case, it leads to loneliness and sorrow.

*When Harry Met Minnie, A True Story of Love and Friendship*  
by Martha Teichner

When Louise Penny was asked by the AARP to suggest her favorite new book, she suggested *When Harry Met Minnie, A True Story of Love and Friendship* by Martha Teichner. The AARP article on top authors' recommendations for best books of the year goes on to say that the book "about the bond between two rescue dogs and their owners" is a "warm, intelligent, funny and most of all a luminous celebration of love and friendship and how life-changing events can spring from the mundane."

With a recommendation from Louise Penny and a focus on dogs and dog-owners, it seemed like a must-have for the Mayflower Library. Martha Teichner, a long time correspondent for "CBS Sunday Morning" writes well, and this poignant story kept me reading even though I am not a dog-owner myself.

And here is a forecast of things to come. We have two copies of *Run Rose Run* by James Patterson and Dolly Parton coming to our shelves. We bought one and the other is a generous gift. These will be on the April New Book List, but we will try to get at least one copy out in the next few weeks because we expect that several folks will be interested in this title.

-MRA Library Committee Members

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**Armchair Travels**  
**in Mayflower's Kiesel Theatre**  
*2:00pm on Thursdays*

**Please Note: Armchair Travels will now  
meet on Thursdays from 2-3:30pm.**

Below are the upcoming "trips."

March 24th

- U.S., Midwest Journey

March 31st

- Canada, Ontario and Moose Factory Island
- Spain, Barcelona and Cataluyna
- U.S., Iowa and Ridgeway "Picture Perfect"

April 7th

- U.S., Montana, Custer County
- Europe, Five Mini-Countries
- Holland

April 14th

- France, Wines
- Artic, Lords of Artic

*-Shane Estes, Armchair Travels Committee Chair*



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### Available Homes:

- Buckley #101 681 ft<sup>2</sup> \$63,750 2-bedroom. 1<sup>st</sup> floor. Two exposures. Plenty of kitchen storage.
- Buckley #201 681 ft<sup>2</sup> \$63,750. 2-bedroom. 2<sup>nd</sup> floor. Two exposures. Balcony.

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### Informer Submission Deadlines

- Submission deadline: 25th for publication April 1st.
- Submission deadline: April 8th for publication April 15th.
- Submission deadline: April 22nd for publication April 29th.



**[Submit here.](#)**

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## Residents' Birthdays

Georgia Langerud, Jean Libbey, and Bill Pollak on March 18th  
Jill Kaiser on March 19th  
Catherine Rod and Gene Rohr on March 20th  
Beryl Clotfelter and Jan Lovig on March 23rd  
Linda Stoll on March 24th  
Phyllis Goldman on March 25th  
Tommy Haas on March 28th  
Carol Crawford on April 1st  
Lisa Case on April 2nd  
Dottie Blazek and Jo Entwisle on April 3rd  
Jo Bolton and Pasha Buck on April 4th

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### In Memoriam:

Frannie D. Robbins  
Birth: February 15th, 1930  
Death: March 15th, 2022

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Find more of *The Informer* online [here!](#)



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[mayflowerhomes.com](http://mayflowerhomes.com)

Mayflower  
Information



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Giving

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