

## The Informer

April 15, 2022

**Visit us on Facebook!**

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### Opening the Health Center and Beebe Skywalk...Zoom Meeting TODAY!

As promised, below is the access information for the Zoom meeting on **Friday, April 15<sup>th</sup>, 10:00am**, hosted by the MRA and featuring Mayflower's Steve Langerud and Kellie McGriff.

Entitled, "Opening the Health Center and Beebe/skywalk....Why Now," the meeting is designed to provide you information about why and how we will again be using two floors of the Health Center for independent living resident events. Questions will be welcome.

**[Join Zoom Meeting here.](#)**

Meeting ID: 828 0119 0872

Passcode: 788875

Dial by your location:

+1 312 626 6799 US (Chicago)

**[Find your local number here.](#)**

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### Sicilian Dinner Event at Mayflower

If you are hungry, don't read any further. This article will inspire you to go to your refrigerator....or out to eat!

In keeping with the routine of offering a monthly special dining event, The Mayflower Community served a Sicilian Dinner to residents and their guests on Friday, April 1<sup>st</sup> (no joke!). Sitting at tables of six for the first



time in two years, diners enjoyed this seven-course dinner:

- Cocktails – Home-made limoncello topped with champagne
- Hors D'oeuvres – Bruschetta (toasted crostini with chopped/seasoned tomatoes, garlic, onion, and a balsamic reduction)
- Cheese Course – Ricotta Salata (baked ricotta with olive oil and herbs)
- Appetizer – Caponata (roasted and sauteed eggplant, tomato, onion, peppers, and capers in olive oil and tomato sauce)
- Salad – Endives, candied walnuts, and feta drizzled with honey
- Entrée – Pasta bolognese (spaghetti nests with the bolognese sauce and a basil oil)
- Dessert – Cassatelle (mascarpone and chocolate chips stuffed in a rich dough and dusted with powdered sugar)
- Mignardise (bite-sized dessert served with coffee) – A piped almond cookie topped with an almond and baked)

“Umm great!” That was the dinner critics’ rating at the end of the experience.

*-Bob Mann, Mayflower Sales & Marketing Director*

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## Well-Being at Mayflower

### The “MIND” Diet: Food for Thought

The last Well-Being article highlighted leafy greens as a foundational food for brain health. But, one question remains: Why are leafy greens specifically recommended for brain health?



Greens are a nutrient powerhouse, full of vitamins, minerals, flavonoids, and antioxidants, all of which support wellness. Some of the nutritional benefits include:

- Vitamin K. Protects nerve cells against toxins, reducing nerve cell death.
- Nitrate. Increases blood flow to the brain.

- Folate. Essential for neurotransmitter synthesis.
- Vitamin E, B-Carotene, and Lutein. Antioxidants which protect against and repair damage caused by oxidative stress. (Brain cells are highly susceptible to damage from this kind of stress).

While greens supply a concentrated source of nutrients, they are not the only source of these essential nutrients. Other vegetables are equally important as a daily food choice. The MIND diet concept specifically recommends eating at least one serving of “other vegetables” daily. Examples include carrots, sweet potato, broccoli, cauliflower, summer squash, green beans, eggplant, tomatoes, beets, and bell peppers.

Other vegetables provide additional nutrients, like:

- Vitamin A. Supports learning and memory by promoting neurogenesis, synaptic plasticity, and neuronal survival.
- Vitamin C. Antioxidant effects similar to Vitamin E, Lutein, and B-Carotene.
- Fiber & Prebiotics: Supports the gut microbiome and overall gut health. (The gut produces a variety of neurotransmitters which directly affect brain function.)

Try this [roasted carrots recipe](#) to include more vegetables in your day.

References found [here](#) and [here](#).

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

## Exercise Classes Will Be Back in May

Breathe. Stretch. Smile.

Coming out of a pandemic of isolation? We are, too. Mayflower invites independent living residents and employees to join us, as together, we explore and practice:

- Finding a deep sense of presence in the body.
- Moving your energetic body with breathing exercises.
- Stretching muscles to relieve muscular tension.
- Deep relaxation, which will leave you with an inner smile.



Classes begin May 4<sup>th</sup> and continue the following Mondays and Wednesdays, 10:30-11:45am in the Carman Center.

All levels of experience are welcome. Wear comfortable clothing (sweatpants, yoga pants, sweatshirts, T-shirts). Please wear a mask as you enter Beebe and the elevator to take the skyway over to the Carman Center. Masks will not be required during the class if you are vaccinated and boosted.

Mats will be provided. You are welcome to bring your own mat or cushion if you prefer.

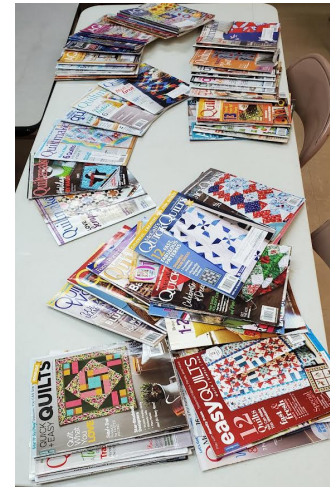
Your instructor will be Jackie Hutchison, Mayflower's Director of Rehab. Jackie is a physical therapist with over 25 years of experience as an engineer of the body. She is a certified Yoga instructor, daily meditator, and practitioner of Qi Gong and tai chi.

*-Kellie McGriff, Mayflower Associate Director/Administrator*

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### **Quilting Ideas, Anyone?**

As the result of a donation by Vicki Gruhn, our Basement Craft Room now holds a diverse collection of quilting and pattern books and magazines. Located in the lower level of the Edwards building, the Basement Craft Room has available, a number of craft and art materials. This new contribution of books and magazines is available for borrowing at any time by any resident or guest.



(Yes, Vicki is fortunate to be married to Mayflower's Foodservices Director, Scott Gruhn. You should know that Scott is the lucky one!)

*-Bob Mann, Mayflower Sales & Marketing Director*

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### **Grinnell College Student Volunteers at Mayflower**

In what The Mayflower Community calls a

“Meet & Greet,” a Grinnell College student recently spent time with Health Center residents leading their participation in artistic drawing. Aubrie Torhorst, a Wisconsin native and Art major and golfer for the College, led the event. Given the many meal options in the Rosenfield '25 Center Marketplace Dining Hall, we are assuming that Aubrie exists on more than strawberries, mac 'n cheese, and mint chocolate chip ice cream!



*-Jessica Hasenyager, Community Life and Wellness Coordinator*



*“After I introduce you to solids, I’m going to need your help with some computer stuff.”*

Cartoon by Ellis Rosen

## Would You Like Help with Your iPhone or iPad?

Did your kid get you an iPhone or iPad, and you haven’t figured out what to do with it? Or maybe you bought one yourself and still aren’t comfortable using it?

The MRA Information Resources Committee is offering a special workshop on Tuesday April 26<sup>th</sup> at 2:00pm in the Carman Center just

for people like you. In this hands-on session, you’ll get one-to-one help on using email, browsing the web, making phone calls, sending text messages, taking pictures, downloading apps, and other basic functions of the iPhone and iPad.

Participation in the workshop will be limited to the first eight people who sign up with Joni Schmidt in the Pearson office ([jschmidt@mayflowerhomes.com](mailto:jschmidt@mayflowerhomes.com) or 641-236-6151). So, sign up today, and we’ll see you on the 26<sup>th</sup>!

*-Kent McClelland, Information Resources Committee Co-Chair*

## March Wine & Cheese Gathering

The next Wine and Cheese event will be on Friday, April 29<sup>th</sup>, 4:30-5:30pm, Buckley Dining Room. Relax with

Mayflower residents!



## Resident News



### Birthday Reception Appreciation

Thank you all who made my 80<sup>th</sup> birthday party such a huge success on April 3<sup>rd</sup>. Kudos to Mayflower's Foodservices staff who furnished a delicious buffet and who made sure everyone had a chance to enjoy it. You were efficient in such an unobtrusive way that you were a party of the party. In addition, thank you, thank you, thank you, to all of you who gave a part of your busy day to be present and shower me with such overflowing affection and good will. I had a wonderful time. I hope you did, too.

*-Dottie Blazek, resident*

### Thank-You from Elaine White's Family

With deepest appreciation, The Elaine Douglass White family would like to express our heartfelt thanks to all those who remembered us during the passing of our loved one. We would like to extend a special thank you to the residents and staff at the Mayflower Community for being so good to Elaine in the last seven years. We are especially grateful for the love and compassion shown by the Mayflower Health Center staff in the last few months. It was a special blessing to have Rev. Christine and Dr. Bill Tinker participate in the memorial service. Elaine would be so happy that Scott Gruhn served such a delicious meal after the service. Your thoughtfulness and caring gave us support during this time.

*Charlene Vanderveer  
Irveen Rauch & Family  
Gale & Carole Douglass & Family*

## Poets in The Mayflower Community

### THE TRANSITION

That inch of snow—we hope it's the last!  
We pray that winter is over and past!  
And the weather will see that the calendar date  
Says spring is here, though just a tad late!

The sun took a vacation today  
And hid itself, as if far away.  
But the wind took over and ran the show.  
What next week will bring is an "April Fool's blow!"

This change of seasons can be hard to bear.  
Seems harder in spring than in fall. We care  
About tulips trying hard to grow  
And get their blossoms ready to show!

So what do you think that May might bring?  
Well, we hope, by then, we can call it spring!

*-Pasha Buck*



### It's Time to Think about an Expanded Charcuterie Board

The larger selection (photo at left) now includes Yellow Cheddar Cheese, Herbed Chevre Cheese, Whiskey Bellavitano Cheese, Home-made Focaccia Bread, Crackers, Nuts, Grapes, Dried Fruits, Summer Sausage, Pepperoni, Herbed Olive Oil, Honey. The large board will now be a bigger portion of everything. The prices remain the same: \$12.00 for a small (serves 4 as an appetizer or 2 as a meal) and \$25.00 for a large (serves 6 as an appetizer or 4 as a meal). The boards are available from 8:00 am to 6:00 pm daily. Be sure to provide two hours of lead time when calling 641-236-6151 x216 to order.

Volunteer drivers make it possible to provide rides every Wednesday on Lester the Bus to McNally's, Fareway, Walmart, and Hy-Vee at 1:30pm (departing Beebe and Pearson circles). Mayflower wishes to thank those who have been driving and those scheduled to drive in April:

- April 20<sup>th</sup> – Sig Barber
- April 27<sup>th</sup> – Kevin Stutz

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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 21, 2022:**

Scholar's Convocation: Tim Eatman, "Beware the Shrinking Imagination"

#### **April 28, 2022:**

Scholar's Convocation: Sam Wineburg, "Historical Thinking in a Digital Age: Tool or Relic?"

#### **May 5, 2022:**

Scholar's Convocation: Phi Beta Kappa



### **The Metropolitan Opera at Grinnell College**

Grinnell College is offering Metropolitan Operas live-streamed, high-definition in the Harris Cinema. Note the various start

times. The College asks that you be in your seat at least 10 minutes before start time. Tickets are available at the door--\$15 for adults and



\$10 for children 10 and under.

The remaining season program is:

- *Turandot* (Puccini) — May 7, 2022; 11:55am
- *Lucia Di Lammermoor* (Donizetti) — May 25, 2022; 6:00pm
- *Hamlet* (Dean) — June 4, 2022; 11:55am

Specific information regarding the live programs is [available here.](#)

*-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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### No More Hy-Vee Grocery Deliveries

Effective March 28<sup>th</sup>, all Hy-Vee stores, including Grinnell's, will be terminating home delivery services as part of their "Aisles Online" service. They will still be filling orders, but the shopper must pick them up at the store.

The Pharmacy delivery service **will continue** in Grinnell. That leaves McNally's as the only Grinnell grocer that will deliver groceries to shoppers' homes.

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### Mayflower April Chapel Service Schedule



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:

April 19<sup>th</sup>: Rev. Gordon Packard, Retired United Methodist Church Pastor and Mayflower Resident

April 26<sup>th</sup>: Rev. Daniel Rinehart, Pastor of St. John's Lutheran Church, Grinnell

May 3<sup>rd</sup> Rev. Jessica Margrave Schirm, Pastor, United Church of Christ, Grinnell

May 10<sup>th</sup>: Rev. Wendy Abrahamson, Senior Pastor, St. Paul's 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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## Transition Treks

Below, you will find updated Mayflower independent living transition activity.

### Moved In:

- Jean Libbey from 516 State Street Harwich Terrace to Pearson #211

### Moves in Process:

- Bob and Nancy Cadmus from Grinnell to 516 State Street Harwich Terrace patio home
- Gene and Gail Smith from Port Byron IL to Buckley #201 interim while awaiting remodeling of Edwards #8
- Phil and Dorothy Palmer from Grinnell to Montgomery #4
- Becky Neal from Altemeier #105 to 604 State Street Harwich Terrace
- Nancy Baumgartner from Grinnell to Buckley #110
- Janice Logan from Grinnell to Edwards #3
- Lois Oertwig from Ankeny to Altemeier #105



-Bob Mann

Sales & Marketing Director ([bmann@mayflowerhomes.com](mailto:bmann@mayflowerhomes.com))

*"I wish we had moved sooner!"*

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## Can you Volunteer?

The MRA Information Resources Committee is looking for volunteers who feel confident enough to give some one-to-one help to neighbors in their homes who would like to



know more about using their own computers.

We're especially interested in recruiting potential helpers who have Windows computers and use them regularly for email, browsing, printing, and other basic functions.

Contact Katherine (641-281-0274, [mcclella@grinnell.edu](mailto:mcclella@grinnell.edu)) or Kent (641-275-7406, [mcclgrinnell@gmail.com](mailto:mcclgrinnell@gmail.com)) McClelland to volunteer.

*-Kent McClelland, Co-Chair, MRA Information Resources Committee*

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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

Saturdays, 2pm Kiesel Theatre

**April 16<sup>th</sup>: No Movie. Happy Easter!**

**April 23<sup>rd</sup>: *The Blind Side*** (2009). Michael Oher (Quinton Aeron) knows little about family. Less about football. What the homeless teen knows are the streets and projects of Memphis. Well-to-do Leigh Anne Tuohy (Sandra Bullock) knows little about his world. Yet when she and Michael meet, he's found a home. And the Tuohys have found something just as life-changing: a beloved new son and brother. This real-life story of family and of Michael's growth into a blue-chip football star will have you cheering with its mix of gridiron action and heartwarming emotion. 128 minutes. PG-13. English subtitles.

**April 30<sup>th</sup>: *A Raisin in the Sun*** (1961). This American drama stars Sidney Poitier, Ruby Dee, Claudia McNeil, Diana Sands, Roy Glenn, and Louis Gossett Jr. Adapted from the 1959 play of the same name, it follows a Black family that wants a better life away from the city. 128 minutes. PG-13. No subtitles.

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## Armchair Travels in Mayflower's Kiesel Theatre

2:00pm on Thursdays

Below are the upcoming "trips."

**April 21<sup>st</sup>**

- Switzerland, St. Moritz
- Ireland, Dublin and Beyond
- Ireland, West; Dingle; Galway; Aran Islands

**April 28<sup>th</sup>**



- Ireland, Dublin and side trips
- Ireland, West coast
- Easter

*-Shane Estes, Armchair Travels Committee Chair*

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## **Informer Submission Deadlines**

Submission deadline:

- Submission deadline: April 22<sup>nd</sup> for publication April 29<sup>th</sup>
- Submission deadline: May 6<sup>th</sup> for publication May 13<sup>th</sup>
- Submission deadline: May 20<sup>th</sup> for publication May 27<sup>th</sup>



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

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## **Residents' Birthdays**

Alicemary Borthwick on April 15<sup>th</sup>  
Gene McCaw and Bill McNally on April 18<sup>th</sup>  
Rey Evans on April 19<sup>th</sup>  
Karin Connelly on April 20<sup>th</sup>  
Jean Jones on April 21<sup>st</sup>  
Deb VanArkel and Iann Veldhuizen on April 22<sup>nd</sup>  
Gene Herman and Kathy Szary on April 25<sup>th</sup>  
Roberta Atwell on April 26<sup>th</sup>  
Chao Huang and M.J. Zimmerman on April 27<sup>th</sup>  
Loren Koplín on April 29<sup>th</sup>  
Janet Ferguson and Stan Greenwald on May 1<sup>st</sup>

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## **In Memoriam:**

Verlene Mitchell  
Birth: December 29, 1932  
Passed: April 10, 2022

Sue Chasins  
Birth: November 4, 1922  
Passed: April 10, 2022

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Find more of *The Informer* online **here!**



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