

The Informer

April 1, 2022

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**Easter Sunday Dinner at
Mayflower**
Sunday, April 17, 2022

Menu:

- Ham
- Chicken Breast with Fruit Sauce
- Mashed Potatoes and Gravy
- Candied Yams
- Scalloped Corn
- Medley of Vegetables
- Spring Pasta Salad
- Deviled Eggs
- Hot Cross Bun

Dessert: Cheesecake with Fruit Topping

Serving: 12:00pm to 12:30pm.

Guests: Non-residents are welcome, following posted protocols for common areas of the Mayflower campus. Table maximum: 6. If you have a larger group, make your reservation early by phone to see if a longer table can be available.

Reservations: Due by Wednesday, April 13th at 12:00 noon. Call Buckley kitchen (641-236-6151 x216) or email Scott Gruhn (sgruhn@mayflowerhomes.com).

Cost: \$14.00

Pick-Up or Delivery: Available from 11:30am to 12:30pm (\$3.00 delivery fee)

-Scott Gruhn, Foodservices Director

Well-Being at Mayflower

The “MIND” Diet: Food for Thought

MIND (Mediterranean-Dash Intervention for Neurodegenerative Delay) provides dietary recommendations focused on foods shown to promote brain health and repair. This month, our focus is fresh vegetables and fruits as a foundational part of a MINDful eating pattern.



Not surprisingly, MIND advocates eating fresh fruits and vegetables every day. These recommendations align with the age-old wisdom to “eat your fruits and veggies!” Intuitively, we know these fruits and vegetables promote health.

Specifically, MIND encourages eating leafy green vegetables a minimum of 6 times per week or once daily. Common leafy greens include spinach, kale, collard greens, cabbage, and spring mix salad greens. Less common, but equally nutritious, are greens like Swiss chard, arugula, microgreens, beet greens, watercress, dandelion greens, endive, and bok choy (Chinese white cabbage). Leafy greens can be eaten raw or cooked and prepared in a variety of ways. A highly versatile food, greens are an easy addition to countless recipes. Try adding a handful (or two) to soups, stews, casseroles, or stir fry. Or simply enjoy a salad or coleslaw for a nutrient boost.

Try this recipe, “[Simple Sauteed Greens](#),” to include more greens in your day.

[References found here.](#)

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

**Pianist Plays Mayflower’s
Carman Center**

On Thursday, March 24th, Iowa City pianist, Larry Jensen played for residents of The Mayflower Community. Using the Carman Center's rich-sounding grand piano, Larry played everything by ear to the delight of Health Center and Beebe Assisted Living residents.



Originally from Wichita, Kansas, Larry was raised in a home full of music. By the age of eight, after just a few lessons, he taught himself to sight read as well as play by ear.

Today, with a memorized repertoire of close to 2,000 songs, most of which he can play in any key, Larry plays from an extensive range of genres and styles. He has entertained professionally in many states as well as overseas. In addition to solo piano, he has worked in live theater and other venues. Featured as keyboardist for studio recording projects, Larry has also performed songwriting, arranging, and music directing.

After the concert, Larry observed that the Carman Center piano is now one of two that he considers his favorites. This was his first time playing at Mayflower.

[Larry's website is here.](#)

-Leslie Jaworski, Community Life and Wellness Director

Back at It: Sit 'n Knit

One more sign of progress through the pandemic: The Grinnell group, "Sit 'n Knit," is again meeting. Devoted to sitting while knitting or other crafting and talking just a bit, many members live in The Mayflower Community. Therefore, a number of meetings of this social group have been held in Mayflower residents' homes as well as Mayflower meeting areas.



During the pandemic, Sit 'n Knit suspended their gatherings. They have now had two sessions—one in a Mayflower Harwich Terrace patio home and one (pictured) in Mayflower's Anchor Room.

One more sign that life as we knew it is re-emerging.

-Bob Mann, Mayflower Sales & Marketing Director



Mayflower will Host Smithsonian Institution's "City of Hope"

Compliments of The Smithsonian Institution Traveling Exhibition Service, the "City of Hope" display will be on exhibit in The Mayflower Community's Buckley Dining Room from April 13th through the end of the month. The display is being made available to Mayflower by Grinnell College. It will be introduced by Tilly Woodward, MFA, BFA, Grinnell College's Curator of Academic and Community Outreach, during a program starting at 12:30pm that day.

Previously on view at the National Museum of American History from December 2017 through February 2019, "City of Hope: Resurrection City & the 1968 Poor People's Campaign" commemorated the 50th anniversary of Dr. King's daring vision to end poverty in the United States. With newly discovered photographs and videos, the exhibition encouraged visitors to explore this important chapter in U.S. history.

The exhibition is composed of seven banners and two posters which will be erected on the west side of the Buckley Dining Room.

For more information see the [website](#).

-Bob Mann, Sales & Marketing Director

Tea Partying

On Monday, March 21st, the

Community Life and Wellness staff in The Mayflower Community hosted a tea party for Health Center and Beebe Assisted Living residents. Residents kept their distance, a procedure we continue to observe for infection



protection. In the Carman Center, apple and apricot pastries were accompanied by Earl Grey tea. Earl was not available, so the tea was served by Community Life and Wellness Coordinator, Jessica Hasenyager. The pastries were prepared and served by Jacob Staroska, Foodservices Supervisor. To set the scene, a showing of the *Wizard of Oz* took place on the big screen!

-Jessica Hasenyager, Community Life and Wellness Coordinator

Resident News



Birthday Celebrations are a Big Deal!

Harwich Terrace patio home resident, Dottie Blazek's family invites you to a reception for Dottie's 80th birthday. Sunday, April 3rd. 1:00-3:00pm. Buckley Dining Room. No gifts please; just your presence.

In celebration of Dorothy Noer's 80th birthday, a reception will be held in the Buckley Dining Room on Saturday, April 16th from 2:00 to 4:00pm. Refreshments will be served. Please, no presents. However, Dorothy will surely enjoy reading cards and notes!

Poet in The Mayflower Community

This is Mayflower resident, Warren Reinecke's, original poem, which was awarded first place in the "Poems of the Pandemic" category in Lyrical Iowa's 2021 annual poetry competition sponsored by the

RECKONING Ode to a Novel Coronavirus

Media flash daily tallies of
steadily swelling numbers for
reported positive cases and deaths.

This insidious contagion comes incognito.

Covid-19 can be spread by anyone, anywhere.

New habits for hygiene and lifetime social graces
now require mandatory group and lifestyle adaptations.

Fist bumps now replace handshakes and high-fives. Hugs
of greeting and familiar around-the-table seating now taboo.
Most pernicious of all this virus can breed distrust and suspicion.

Folk wisdom looms large- what goes around, comes around.

Like the classic symbols of drama, masks are commonplace;
one conceals the smile of proactive prevention, the other
a frown of despair over the weight of perpetual peril.

Or, barefaced, many choose to ignore the threat-

refusing any mask-wearing or safe distancing;

congregating as if there were no tomorrow,

seeing only a farce or hoax. One and all

proclaiming their Right to Life, Liberty,

and their own Pursuit of Happiness.



Spring Happenings

During recent March days, several events took place in The Mayflower Community Health Center and Beebe Assisted Living. First, there was St. Patrick's Day. Then, the students at Bailey Park Elementary School honored our residents with special cards. To make it all melodious, Valerie Whitman, came in with her flute to play a variety of numbers. In addition, residents made "paper quilts."

-Leslie Jaworski, Community Life and Wellness Director

**Dale and Helen Lippincott
Celebrate Their 76th at Mayflower**

On Wednesday, March 23rd, the Lippincotts marked their 76th wedding anniversary. Currently residents of Grinnell's Mayflower Community, they are former residents of Brooklyn, Iowa.



Dale and Helen were married in the Grace United Methodist Church, Brooklyn, on March 23, 1946. This was a few weeks after Dale's return from serving in the United States Navy. Attending the couple were Shirel and Dorothy Lamb, also of Brooklyn.

Dale and Helen are the parents of three children, Donna (Melvin) Beck, Grinnell; Joyce (Don) Paynter, Cedar Rapids; and John, deceased. They have five grandchildren; 10 great grandchildren and one great great granddaughter.

Dale and Helen's special day was celebrated by a lunch with their daughters and granddaughter. Later in the afternoon, Mayflower's Foodservices presented them with a lovely cake which they shared with their friends in Beebe Assisted Living.

-Joyce Paynter, Daughter

Lester the Bus

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 6th – Lyle Roudabush
- April 13th – Judy Hunter
- April 20th – Sig Barber
- April 27th – Kevin Stutz

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

April 14, 2022:

Scholar's Convocation: Kaushik Basu

April 21, 2022:

Scholar's Convocation: Tim Eatman



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).

No More Hy-Vee Grocery Deliveries

Effective March 28th, 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.

Mayflower April 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:

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

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

April 26th: Rev. Daniel Rinehart, Pastor of St. John's Lutheran 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.

Special Forum Announced

The Mayflower Residents Association Forum Committee announces a special added

Forum session.

Mark your calendar and get ready for some mid-winter laughter and intellectual stimulation. On **Wednesday, April 6th**, **2:00-3:30pm**, in the **Kiesel Theatre**, **Dustin Dixon**, PhD, one of the brightest literary scholars/teachers at Grinnell College, will be here to engage us in a discussion of Aristophanes' comedy, *The Knights*.



The play is both a satire on the political and social life of Athens during the Peloponnesian War (5th century BCE) and a diatribe against a populist politician who manipulates the political and legal system for personal gain. Does that theme strike you as timely?

Come for the presentation. Learn, laugh, and stay for some wine and cheese.

-Bob Butterfield, MRA Forum Committee Member

CLARK WEAVER



BIRDS IN IOWA
DECORATIVE BIRD CARVINGS

MRA April Forum

The April monthly Forum will be held on the second Tuesday, April 12th, 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

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

Movies

Saturdays, 2pm Kiesel Theatre

April 2nd: *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

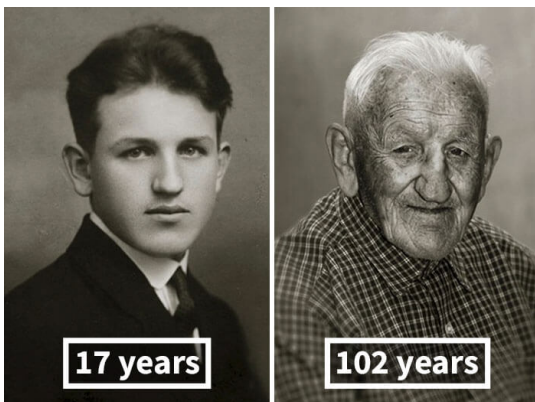
his brother, they attempt to cover it up. 107 minutes. PG-13. Comedy.

April 9th: *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.

April 16th: No Movie. Happy Easter!

April 23rd: *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 30th: *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.



Koffee & Konversation Photo Identification Fun

If you are planning to come to Koffee and Konversation on Friday, April 1st, 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.

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

Below are the upcoming "trips."

April 7th

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

April 14th

- France, Wines
- Artic, Lords of Artic

April 21st

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

April 28th

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

-Shane Estes, Armchair Travels Committee Chair



Informer Submission Deadlines

- Submission deadline: April 8th for publication April 15th.
- Submission deadline: April 22nd for publication April 29th.
- Submission deadline: May 6th for publication May 13th.



[Submit here.](#)

Residents' Birthdays

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
George Britton on April 8th
Dorothy Noer on April 13th
Alicemary Borthwick on April 15th
Gene McCaw and Bill McNally on April 18th
Rey Evans on April 19th
Karin Connelly on April 20th
Jean Jones on April 21st

In Memoriam:

Elaine Douglass White
Birth: November 25, 1935
Passed: March 24, 2022

Fred Johnson
Birth: May 8, 1936
Passed: March 20, 2022

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



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Mayflower
Information



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