

The Informer

April 29, 2022

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The Easter Bunny Celebrates at Mayflower

On Friday, April 15th, the Easter Bunny visited the Health Center and Beebe Assisted Living at Grinnell's Mayflower Community. Egg coloring. Fuzzy gifts. Posing for pictures. Celebrating. Another day—well, an Easter anyway—at Mayflower! The Community Life and Wellness Department under the direction of Leslie Jaworski organized the events. Jessica Hasenyager, Coordinator, was the Easter Bunny. Tracy Woolfolk, Coordinator, was the event photographer.



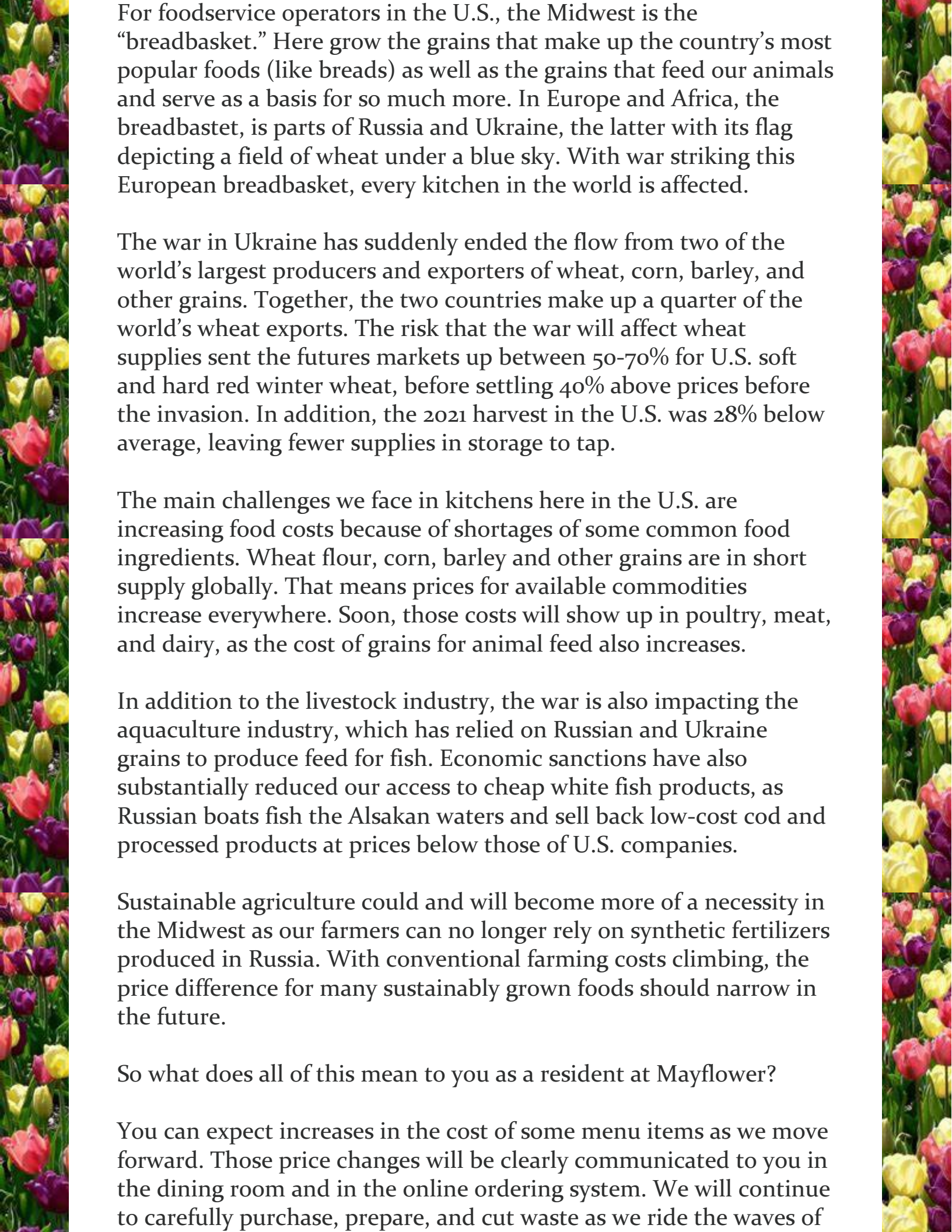
-Bob Mann, Mayflower Sales & Marketing Director



Update on Supply Chain Impacts on Mayflower Dining

In the **January 21, 2022** edition of *The Informer*, we shared some information about the availability of food supplies and how Mayflower is purchasing during the global upset of the supply chain.

Now, having an understanding of the constraints of the supply chain, we should discuss and learn more about the costs associated with these shortages and how it is affecting us at Mayflower.



For foodservice operators in the U.S., the Midwest is the “breadbasket.” Here grow the grains that make up the country’s most popular foods (like breads) as well as the grains that feed our animals and serve as a basis for so much more. In Europe and Africa, the breadbasket, is parts of Russia and Ukraine, the latter with its flag depicting a field of wheat under a blue sky. With war striking this European breadbasket, every kitchen in the world is affected.

The war in Ukraine has suddenly ended the flow from two of the world’s largest producers and exporters of wheat, corn, barley, and other grains. Together, the two countries make up a quarter of the world’s wheat exports. The risk that the war will affect wheat supplies sent the futures markets up between 50-70% for U.S. soft and hard red winter wheat, before settling 40% above prices before the invasion. In addition, the 2021 harvest in the U.S. was 28% below average, leaving fewer supplies in storage to tap.

The main challenges we face in kitchens here in the U.S. are increasing food costs because of shortages of some common food ingredients. Wheat flour, corn, barley and other grains are in short supply globally. That means prices for available commodities increase everywhere. Soon, those costs will show up in poultry, meat, and dairy, as the cost of grains for animal feed also increases.

In addition to the livestock industry, the war is also impacting the aquaculture industry, which has relied on Russian and Ukraine grains to produce feed for fish. Economic sanctions have also substantially reduced our access to cheap white fish products, as Russian boats fish the Alaskan waters and sell back low-cost cod and processed products at prices below those of U.S. companies.

Sustainable agriculture could and will become more of a necessity in the Midwest as our farmers can no longer rely on synthetic fertilizers produced in Russia. With conventional farming costs climbing, the price difference for many sustainably grown foods should narrow in the future.

So what does all of this mean to you as a resident at Mayflower?

You can expect increases in the cost of some menu items as we move forward. Those price changes will be clearly communicated to you in the dining room and in the online ordering system. We will continue to carefully purchase, prepare, and cut waste as we ride the waves of

this world wide issue.

We appreciate your continued patience and grace as we work through these supply issues.

-Scott Gruhn, Foodservices Director

Well-Being at Mayflower

The “MIND” Diet: Food for Thought

Our “Well-Being at Mayflower” articles have been based on the MIND diet—Mediterranean-Dash Intervention for Neurodegenerative Delay. Most recently, we have shone the spotlight on vegetables. But fruits also provide important nutritive benefits for brain health.



The MIND promotes eating strawberries, blueberries, raspberries, and blackberries at least twice weekly. Because they have a higher sugar content than most vegetables, fruits are recommended less often when compared to veggies. Still, fruits are highly nutrient dense and important to eat regularly.

Berries are rich in flavonoids (antioxidant compounds known to reduce damage from oxidative stress). Integrating berries and other fruits into your diet provides many of the same nutrients (like fiber, vitamins, and minerals) found in vegetables. Consider enjoying fruit’s natural sweetness for a dessert or sweet treat. Chocolate and berries make a great match! Or, add berries to oatmeal, cereal, yogurt, or salads. Cooked fruit adds depth of flavor to meat-based entrées and sauces. Or simply enjoy fruit alone as a sweet snack.

Here is a recipe that will include more berries in your week.

Chocolate Dip for Berries

Vegetables and fruits are rich in nutritive compounds that promote healthy cognitive function. To summarize, MIND recommends eating: one daily serving of leafy green vegetables, one daily serving of other vegetables, and two weekly servings of berries.

-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 Wednesday, May 4th 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

Jerry Beauchamp and Mert Evans Perform at Mayflower

Jerry Beauchamp has performed

with the Jerry Beauchamp Band since 1980. Jerry and Mert Evans are both from Eldora. They started performing together at retirement communities and other locations in September 2012, almost 10 years ago. Jerry played accordion and Mert sang. About five years ago, she began playing the accordion, along with Jerry. The Jerry Beauchamp Band has played the Malcom Legion and Grinnell Eagles in Grinnell, as well as other venues in Belle Plaine, Newton, and east central Iowa.



Mayflower's Community Life and Wellness department hosted Jerry and Mert recently for a performance in the Carman Center of Grinnell's Mayflower Community. Their repertoire included a song that is special to many residents. It was the signature song of Leo Greco, a radio personality with WMT in Cedar Rapids.

Tracy Woolfolk, Community Life and Wellness Coordinator, asked her mother about the song and Leo. She knew them both! A former Mayflower resident, Lester Thompson always requested this song when listening to Jerry, the only music program he would attend.

-Mayflower Community Life and Wellness Department

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- her favorite foods!



-Jessica Hasenyager, Community Life and Wellness Coordinator



Grinnell Children's Choir Performance

The energized Grinnell Children's Choir will be in concert on Friday, May 6th at 5:15pm in the Grinnell United

Church of Christ—Congregational, 902 Broad Street. It will be a short event, likely concluding by 6:00pm, so you can follow up with dinner out on the town and make a full evening out of it!

We have been provided this information by one of the Choir's organizers, Georgeanna Robinson, who is Associate Director of Qualitative Research at Grinnell College. Georgeanna's mother, Marion Breeze-Williams, is a member of Mayflower's Active Wait-List. Georgeanna regrets that the Choir was not able to perform at Mayflower this year but wants us to know that Mayflower residents are especially welcome to this performance.

There is no charge for this concert. However, there will be a free-will donation opportunity to provide Choir support for young people who would not otherwise get to participate.

Mayflower's Russ Leggett is a Grinnell Children's Choir Board member.

-Leslie Jaworski, Community Life and Wellness Director

Mayflower Spring 2022 "The Log"

Mayflower Residents and Friends,

[Here most recent issue of The Log from the Mayflower Community.](#)



Completely written, photographed, and composed by volunteer residents, this remarkable piece of literature is designed to share with you, happenings at Mayflower as well as in the greater Grinnell community. In addition, residents new to Mayflower are highlighted with their background information.

Resident News



Thank-You from Dorothy Noer

I would like to thank everyone who made my 80th birthday so very special. All who planned, all who stopped by, and the Foodservices staff for the beauty and taste of the refreshments. My family also says, "Thank you." Mayflower folk are truly special.

-Dorothy Noer (resident)

Mini-Gift Shop Opening

The Mini-Shop is open every Tuesday
from 9:30 to 11:30 a.m. at Pearson #103
CARDS ONLY for now.

Gene Rohr's Poem Is Published

A number of Mayflower residents have been honored in the anthology of original poetry published in *Lyrical Iowa 2021*. The Iowa Poetry Association sponsors an annual competition of poems submitted by their authors and then publishes the ones chosen in its annual printed compilation.

Mayflower resident, Gene Rohr's poem, "Take Thee These," was selected for publication among 340 qualifiers from the total 1,800 poems submitted.

Take Thee These

He is here inside us, sleeping, dormant
Like Yellowstone in Winter, venting steam
And there with Crazy Horse at Wounded Knee
where native children lie in unmarked graves
In the self immolation of the monks
burning, burning, We cannot look away
You glimpse him dressed as justice on a horse

with others gathered round' the hanging tree
like Pontius Pilate washing out the stain
washing because he could not turn away
My brother being lynched by a cop
I cannot- should not- will not- turn away
Jesus gave himself to be hanged so we
would never be able to turn away
Take thee these, America, they are yours
look beyond their differences, their tribes
History will write anew their stories
and make heroic what they suffered through

-Gene Rohr, Resident

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



Below are the upcoming "trips."

May 5th

Italy, Venice Serene and Decadent
India, Madhya Pradesh
Passover

May 12th

Switzerland, What's Cooking
Mexico, Foods
Antartica

May 19th

U.S., Parklands of 12 Midwest States
U.S., Iowa, Ridgeway "Picture Perfect"
U.S., New York City & Norman Rockwell

MRA May Forum

“Nature is not a place to visit. It is
home.” (Gary Snyder, writer)

The May Forum will be
held Tuesday, May 10th from 2:00 to



3:30pm in the Kiesel Theatre. Featured will be Keri Van Zante, director of the Jasper County Conservation Board.

Keri will present opportunities for all Mayflower residents, regardless of mobility, to experience the Uhlenhopp Arboretum, a 250-acre park opened to the public last August. The arboretum was a gift from professor Elliot Uhlenhopp of Grinnell College and contains numerous ponds, miles of trails through prairie grasses and abundant fauna and flora.

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.

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).

Mayflower Is Hosting Smithsonian “City of Hope”

A feature of The Smithsonian Institution Traveling Exhibition Service, the “City of Hope” display, was unveiled on Wednesday, April 13th in The Mayflower Community’s Buckley Dining Room. The two posters and seven banners, made available by Grinnell College’s partnership with the Smithsonian, were on display, through the end of the month.



It was introduced by Susan Baley, Grinnell College’s new Museum of Art Director with the help of Sarah Smith, the College’s Director of Outreach Programs and Events and Morgan Niner, AmeriCorps VISTA member serving the Grinnell Public Humanities Partnership.

Susan accompanied the display with copies of vintage Grinnell College photos celebrating the turbulent times of the 1960’s

Previously on view at the National Museum of American History from December and the Grinnell’s Drake Community Library, “City of Hope: Resurrection City & the 1968 Poor People’s Campaign” commemorates the 50th anniversary of Dr. King’s daring vision to end poverty in the United States. With newly discovered photographs and videos, the exhibition encourages visitors to explore this important chapter in U.S. history.

-Bob Mann, Mayflower Sales & Marketing Director (641-236-6151)

Mayflower Community Phone Answering System Has Changed

During Office Hours (Mondays-Fridays, 8:00am-4:30pm, except holidays), the automated attendant options are:

If you know it, dial the party's three-digit extension

- For Beebe Assisted Living and Home Services – 4
- For Health Center – 5
- For Buckley Dining Room and Foodservices – 6
- For Key Rehab Therapy Clinic – 7
- For Facilities Assistant – 8
- For Human Resources – 9
- For List of Individual Extensions – 3 (enter 1st three letters of last name)
- For Any Other Purposes – 0

If no number is pressed, the phone will time out and disconnect.

During Other Times (Mondays-Fridays, 4:30pm-8:00am, Saturdays, Sundays, and holidays), the automated attendant options are:

- For Medical Emergencies, hang up and dial 9-1-1.
- For known party's three-digit extension – Enter now
- For Beebe Assisted Living and Home Services – 4
- For Health Center – 5
- For Buckley Dining Room and Food Services – 6
- For Facilities On-Call Service – 8
- For List of Individual Extensions – 3 (enter 1st three letters of last name)
- If no number is pressed, the call will ring an extension in the Health Center

-Erin Gersdorf, Facilities Supervisor

Mayflower May 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:

Worship

May 3rd Rev. Jessica Margrave Schirm, Pastor, United Church of Christ, Grinnell

May 10th: Rev. Wendy Abrahamson, Senior Pastor, St. Paul's Episcopal Church, Grinnell

May 17th Rev. Linda Myren, Pastor, Gilman Community Church (UCC) and Mayflower Resident

May 24th Hymns to Last the Summer (Music & Scripture). Pianist, Dot Anderson, Mayflower Resident

***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.*

Booklist for May

All That Remains
Black, Sue

Three Things About Elsie
Cannon, Joanna

The Boy From the Woods (LP)
Coben, Harlen

The Christie Affair
De Gramont, Nina

The Sweetness of Water
Harris, Nathan

Dust Tracks on a Road
Hurstun, Zora Neale

The Most Fun We Ever Had
Lombardo, Claire

The Distant Memory
McDermid, Val

Falter: Has the Human Game Begun to Play Itself Out

McKibben, Bill

Soul of an Octopus (LP)

Montgomery, Sy

*Run, Rose, Run**

Parton, Dolly and Patterson, James

Darwin and The Barnacle

Scott, Rebecca

This Time Next Year

Winspear, Jacqueline

The Sunlit Weapon

Winspear, Jacqueline

*Two copies of this book available
“LP” = Large Print

Book Reviews

Run, Rose, Run

By Dolly Parton and James Patterson

Annie Lee Keyes is a promising young country singer-songwriter. She arrives in Nashville alone and penniless, sleeping under a tree in a park. She wanders into a local bar and convinces the barman to let her sing and suddenly the crowd is cheering her on. In the bar that night is Ethan Blake, a musician friend of Ruthanna Ryder a retired country star. Ruthanna and Ethan befriend Annie Lee, knowing she has a great future as a singer. But there are secrets and the past eventually catches up with them. This story is not as suspenseful as most of Patterson’s books are, but it is an enjoyable read especially if you like reading about the struggle of the music business. Dolly wrote all the songs that are referenced in the book and has produced an album. I found it on Apple Music.

The Soul of an Octopus

In *The Soul of an Octopus* popular naturalist Sy Montgomery explores the emotional and physical world of the octopus, the remarkable connections it makes with people and the vibrant community that arises around this complex, intelligent, and spirited creature. Montgomery befriends individual octopuses with strikingly

different personalities – gentle Athena, assertive Octavia, curious Kali, and joyful Karma – who show their cleverness in myriad ways: escaping enclosures, creative trickery to get food, and jetting water to bounce balls.

Montgomery also chronicles scientists' growing appreciation of the octopus's problem-solving as she tells a love story. By turns funny, entertaining, touching, and profound, the *Soul of an Octopus* reveals what octopuses can teach us about the meeting of two very different minds.

-MRA Library Committee Members



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) or Kent (641-275-7406, mcclgrinnell@gmail.com) McClelland to volunteer.

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

May Treasure Chest: Foot Fashion

Sometimes we forget what a fashion statement our shoes make. During the month of May, the Treasure Chest in the Pearson Lobby will feature "foot fashion" from the past. Come view a display of old shoes from the collection of the Grinnell Historical Museum. Some were probably very uncomfortable to wear, but they did make a fashion statement.



As always if you have a collection of something you want to share, please contact Ginny or Doug Cameron at 6412364544.

-Doug Cameron, Treasure Chest Committee

Movies

Saturdays, 2pm, Kiesel Theatre

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.

The May Movies star the late Sidney Poitier and will be the last movies shown until September.

May 7th *To Sir with Love* (1967). American Mark Thackeray (Sidney Poitier) has just received his degree in engineering but cannot find work. To make ends meet, he takes a job as a teacher in a rough London East End school populated mostly with troublemakers who were rejected from other schools for their behavior. While the students at first see Thackeray as just another teacher open for ridicule and bullying, his calm demeanor and desire to see them succeed gradually earn him their respect. 92 minutes. Not rated. No subtitles.

May 14th *Lilies of the Field* (1963). Traveling African American handyman, Homer Smith (Sidney Poitier), stops by a farm in rural Arizona. He is welcomed by a group of Roman Catholic nuns who have emigrated from Germany. Realizing that the farm needs a lot of work, Homer takes on a number of repair projects for the women, who are led by the headstrong Mother Maria (Lilia Skala). Impressed by Homer's kindness and strong work ethic, the nuns come to believe that he has been sent by God to help build them a chapel. 94 minutes. Not rated. No subtitles.

May 21st *A Patch of Blue* (1965). When Selina D'Arcey (Elizabeth Hartman), a blind, young white woman, befriends Gordon Ralfe (Sidney Poitier), a Black office worker, their budding relationship eventually leads to romance. However, once Selina's insensitive and abusive mother, Rose-Ann (Shelley Winters), finds out about

Gordon, she becomes determined to keep the couple apart. With its stirring story of interracial love, this thoughtful film fittingly reflects the civil rights movement of the era. 94 minutes. Not rated. No subtitles.

Informer Submission Deadlines

Submission deadline:

- Submission deadline: May 6th for publication May 13th
- Submission deadline: May 20th for publication May 27th
- Submission deadline: June 3rd for publication June 10th



[Submit here.](#)

Residents' Birthdays

Loren Koplin on April 29th
Janet Ferguson and Stan Greenwald on May 1st
Dot Anderson and Sig Barber on May 5th
Gayle Strickler, Jr. on May 7th
Wilma Garden on May 8th
Sandy Moffet on May 9th
Jean Carpenter on May 13th
Jim Ferguson and Bruce Voyles on May 14th
Marilyn Schuler on May 15th

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



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Mayflower
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