

The Informer

May 13, 2022

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Mayflower Celebrates Nursing Facilities Week

Begun on Monday, May 9th, The Mayflower Community celebrated national "Nursing Facility Appreciation Week." The theme for the week is "Creating & Nurturing Connections." Each day Mayflower recognizes a separate department, celebrating a fun theme, and encouraging staff members to participate. Activities and fun snacks were offered to staff throughout the week.



Nursing Facility Appreciation Week May 8 – 14, 2022

Monday	Thank you Facilities
"If they build it, we will come!"	Baseball Day & popcorn
Tuesday	Thank you Administration
"Better together"	Decades Day & walking tacos
Wednesday	Thank you Food Service
"Key Ingredients"	Food-inspired outfits & goodies "to go"
Thursday	Thank you Nursing & Community Life
Florence Nightingale Day	Pajama Day, cinnamon rolls, & bingo
Friday	Thank you Housekeeping & Laundry
"Pair-together"	Twinning Day & sundae bar

We thank you for creating & nurturing connections to make Mayflower a place to call home

Monday was "Thank-You to Facilities." "If They Build It, We Will Come Baseball Day." Employees wore their favorite cap or jersey. The movie, *Field of Dreams*, was shown in the Health Center and in Beebe Assisted Living with popcorn.

Tuesday was "Thank-You to Administration Staff." "Better Together Decades Day." Staff wore an outfit that defined a particular decade! Walking tacos were available to all staff via Mayflower's online meal ordering application.

Wednesday was "Thank-You to Food Service." "Key ingredients." Staff were asked to get creative and wear food-inspired outfits. Goodies "to go" were distributed by the Community Life Team.

Thursday was “Thank-You to Nursing & Community Life.” “Florence Nightingale Day/Pajama Day.” Staff were encouraged to be comfortable and enjoy cinnamon rolls on this day to honor nurses and aides. Staff were invited to join residents in playing Bingo in the Carman Center.

Today, Friday is “Thank-You to Housekeeping & Laundry.” “Pair Together/Twinning Day.” Staff should grab a buddy (resident or staff) and make a connection by wearing something similar. A sundae bar is being offered in Carman Center to show Mayflower’s sweet appreciation for the work the staff performs.

-Leslie Jaworski, Community Life and Wellness Director



Meeting Grinnell’s Chief of Police

Come meet Grinnell’s Chief of Police. Mayflower will be hosting Michael (“Mac”) McClelland so that our residents can get to know him and get answers to any of your questions about public safety. **Monday, May 16th. 10:00am. Buckley Dining Room.**

Mac has visited other local organizations. Now, is our opportunity. All residents are invited.

He is not related to our residents, Kent and Katherine McClelland. But, he is related to Buckley resident, Mary Murray....Mac is her son!

-Scott Gruhn, Mayflower Foodservices Director

Well-Being at Mayflower

MIND Diet Recommended Healthy Fats: Nuts and Olive Oil

Fun Fact: The human brain is nearly 60% fat! While the majority of brain development is completed by age 6, the brain maintains and repairs its structures throughout life. Knowing these facts, you will appreciate



that dietary fat plays a leading role in brain health and function.

Over the last several decades, dietary fat has been villainized as a culprit behind heart disease and stroke. But fat is an essential nutrient. So, which is it? Is fat “good” or “bad?” The answer: it depends.

Some fats can fuel health, and some can cause disease. The key difference is in the structure of the fat molecule itself, its organic chemistry. Thankfully, understanding organic chemistry is not necessary to make good dietary fat choices. Here is an easy dietary rule of thumb: Choose plant-based fats when possible. Plant-based fats are rich in essential fatty acids and antioxidants required for brain health and repair. When compared to animal-based fat, plant fats and oils are lower in compounds that cause inflammation and, thus, increase disease health risks.

To enhance intake of healthy fats, choose olive oil, olives, avocados, avocado oil, nuts, seeds, nut butters, and oils from nuts or seeds. The MIND (Mediterranean-Dash Intervention for Neurodegenerative Delay) dietary plan highlights olive oil and nuts as recommended fat sources. Stay tuned, as the next edition of Well-Being will explore healthy fats in greater detail, including recipe and serving suggestions.

[Reference found here.](#)

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



Making Origami Cranes at Mayflower

Residents in The Mayflower Community were busy making origami paper cranes to celebrate the inauguration

of Grinnell College President, Anne Harris. The ceremony was held on Kington Plaza on Saturday, May 7th, at 10:30am. The College invited the community to be a part of an art project as part of the reception that follows, by folding and sharing paper cranes.

Pictured above are Kathy Herman, Keiko Butterfield, Sarah Baker,

and Bob Butterfield.

Origami paper cranes have long been a symbol of peace, love, hope, and healing during challenging times. They represent positive change and new beginnings. Local students, community members, and Grinnell College students have been folding cranes to be hung throughout the community and campus.

Mayflower residents, led by Sarah Joan Baker, worked in the Pearson building Library and in their own homes. Participants have included Kieko Butterfield, Kathy Herman, Ann Igoe, Marge Graves, and Merle Zirkle. To date, they have made over 150 paper cranes.

-Bob Mann, Mayflower Sales & Marketing Director

Exercise Classes Are 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 began Monday, May 9th 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

Mind Exercising, Art, and Horticulture at Mayflower

Recently, John Noer, an independent living resident in Grinnell's Mayflower Community, volunteered to conduct an exercise in the Health Center recently—a brain exercise. After this word



game, Health Center residents were off to physical exercise. Leslie Jaworski, Community Life and Wellness Director, assisted with the former and Jessica Hasenyager, Community Life and Wellness Coordinator assisted with the latter. Tracy Woolfolk was the official photographer. All are helping Health Center residents keep the whole body busy!

In the photo above, John Noer (left) reads test questions to Wilma Graden and Nadine Brouwer.

Meanwhile, in Mayflower's Beebe Assisted Living, Jessica led an exercise to repot and propagate some pothos plants. Pothos are a trailing vine house plant with pointed, heart-shaped green leaves, which is native to the Solomon Islands. Residents are now watching several cuttings of vines root in water for a few weeks when they will pot them, creating new plants.

Residents Alice Breemer, Betty Anne Francis, Suzy Raffety, and Deena Wellborn all have plants and vines in their apartments that they are watching grow. In addition, there are more plants rooting in the Beebe activity room. Tracy Woolfolk found a cache of terracotta pots that are being used for the vines.

In the Health Center, Grinnell College student volunteer, Aubrie Torhorst, returned to work with residents on drawings—this time self-portraits. Aubrie is a Wisconsin native and Art major and golfer for the College.

Mmmm. Fresh-Baked Cinnamon Rolls at Mayflower

Recently, the aroma of freshly-baked cinnamon rolls wafted through The Mayflower Community's Health Center and Beebe Assisted Living homes. Grinnell College student volunteer, Sarah Wilts, helped Mayflower's Community Life and Wellness Coordinator, Jessica Hasenyager with the baking. The event was hosted by the Community Life and Wellness department.



In the photo above, Sarah Wilits and resident Phyllis Saunders discuss cinnamon rolls of the 'old days.'

The cinnamon buns and cream cheese icing were provided by Mayflower's Foodservices department. And, the advice and guidance came from the residents, including the dependable "toothpick test."

-Jessica Hasenyager, Community Life and Wellness Coordinator

Resident News



Mini-Gift Shop Opening

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

Sandy Moffett'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, Sandy Moffett's poem, "Feathers," was selected for publication among 340 qualifiers from the total 1,800 poems submitted.

FEATHERS

a curious thing we do--catching fish with feathers, bits of yarn, tinsel,
tied to expensive Japanese hooks--when a stuck grasshopper, a
worm,
a grain of corn would work as well--
better.

at eleven, nimble fingers, I did a perfect royal wulff on a bent pin---
size 14 or so.
a trout straightened the pin,
bit it and ate it and was hooked-- for a second.

now, fingers stiff, 3x readers perched on nose, I barely manage
a big sloppy wooly bugger.
the tricos and blue winged olives I leave to thin and lovely (I
imagine)
14 year old girls in hanoi or manilla
who get five cents each so I can buy them from cabelas or orvis
for three-fifty.

-Sandy Moffet, Resident



Sallie Verrette Remembrance Service

A remembrance service for former Mayflower resident, Sallie Verrette, will take place on Sunday, May 29th at 1:00pm at St. Paul's Episcopal Church, 1026 State Street with a reception following.

Sallie lived in the Edwards apartment building and in Beebe Assisted Living before moving to Mayflower's

Health Center, where she died on January 6, 2022. Born in 1932, Sallie was an Ordained Episcopal Priest and served as Priest Associate at St. Paul's Episcopal Church.

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



Below are the upcoming "trips."

May 19th

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

May 13th

U.S., Iowa, Ridgeway and "Picture Perfect"
U.S., New York City and Norman Rockwell

Available Mayflower Homes

Apartments

- Pearson #107. 960 sq.ft. Two-bedroom/one bath. East-facing windows. \$58,900
- Buckley #101. 681 sq.ft. Two-bedroom/one bath. Corner. \$63,750
- Pearson # 213. 600 sq.ft. One-bedroom. New LVP flooring. \$48,250
- Pearson #212. 600 sq.ft. One-bedroom. Open kitchen. LVP flooring. \$45,500
- Watertower Square #209. 1,242 sq.ft. Two-bedroom/two-bath. Open kitchen. 2nd floor deck. Sun tubes. Washer/dryer. In Wait-List.

Harwich Terrace Patio Home

- 721 Park Street. 1,496 sq.ft. One-bedroom/one full & one half-bath up. One-bedroom/office/family room/full bath finished down. Large great room. Dining room/den. Three-season porch. Washer/dryer. In Wait-List.
-



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:

- *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 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 Receptionist – 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 party's known 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

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:

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). Coordinator and pianist, Dot Anderson, Mayflower Resident- Following the service, refreshments will be served to celebrate the season of chapel services.

May 24th will be the last Tuesday 10am chapel service until September. Lift your voices high to the Lord.

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 641-236-4544.

-Doug Cameron, Treasure Chest Committee

Movies

Saturdays, 2pm, Kiesel Theatre

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

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 built 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 20th for publication May 27th
- Submission deadline: June 3rd for publication June 10th
- Submission deadline: June 17th for publication June 24th



[Submit here.](#)

Residents' Birthdays

Jean Carpenter on May 13th
Jim Ferguson on May 14th
Bruce Voyles on May 14th
Marilyn Schuler on May 15th
Carolyn Runyan on May 17th
Marilyn Schuler on May 17th
Jerry Lalonde on May 18th
Doug Cameron on May 21st
Kathy Herman on May 22nd
JoAnn Britton on May 23rd
Linda Myren on May 24th
Dorothy Christinson on May 25th
Mary Murray on May 25th
Keiko Butterfield on May 29th

In Memoriam

Harry Bolton
Date of Birth: September 15, 1929
Date of Passing: May 2, 2022

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



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Mayflower
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