

The Informer

May 27, 2022

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A Communion Table Travels Across the State

Mayflower resident, Dan Kaiser, PhD, writes the *Grinnell Stories* blog. In a May edition, Dan tells an engaging story about

connections he discovered between Grinnell's Mayflower Community and the Strawberry Point, Iowa Congregational Church. His piece is entitled, "**Definitely Not A Coffee Table.**"



Dan is Professor Emeritus of History at Grinnell College and has not lost the drive for research and knowledge.

The blog chronicles Dan's search for the background on various pieces of furniture and philanthropic efforts associated with the small-town Iowa church. It provides an interesting glimpse into the history of The Mayflower Community.

-Bob Mann, Mayflower Sales & Marketing Director

Grinnell Police Officers Visit Mayflower

On Monday, May 16th, Grinnell Chief of Police, Michael ("Mac") McClelland and some of his staff visited The Mayflower Community to share updates regarding security initiatives in



the Grinnell community. Mac shared his biographical information and his decision to move back to Iowa from Colorado.

Among the topics discussed, were the Police Department's focus on mental health training and support for Grinnell citizens. Included is the current fundraising initiative to provide additional mental health support for the work of our Police.

The current high rate of telephone scams was reviewed along with guidance about how to protect ourselves from them.

The Mayflower Community continues to appreciate the responsive and thoughtful support provided to our residents by the enlightened work of the Grinnell Police Department.

-Bob Mann, Mayflower Sales & Marketing Director



Memorial Day Reminiscing at Mayflower

On Monday, May 23rd, Mayflower Community residents enjoyed a presentation by former Activities Coordinator, Pauline McKenna, as she read articles and shared photos and patriotic items to commemorate Memorial Day.

As residents reminisced about attending Memorial Day programs years ago, they enjoyed Pauline's contributions. Included were a Precious Moments doll with a poppy, a GI Joe Doll, a Boot Camp Barbie, and a flag-waving/hymn playing thingamabob. The poppy gave rise to reminiscences about "In Flanders Field."

Above all, the family members and friends who are U.S. Military service members were honored and appreciated.

-Tracy Woolfolk, Community Life and Wellness Coordinator

Well-Being at Mayflower

Food For Thought

Plant-based fat is an essential nutrient for brain health and repair. MIND (Mediterranean-Dash Intervention for Neurodegenerative Delay) recommends eating tree nuts at least five times weekly and using olive oil as the primary kitchen oil.



Tree nuts and olive oil are rich in essential fatty acids, antioxidants, and fat-soluble vitamins, all nutrients which have been shown to reduce inflammation and support optimal brain function. Studies have shown improvements in memory tests, executive function, and global cognition tests in persons who regularly consume nuts and olive oil.

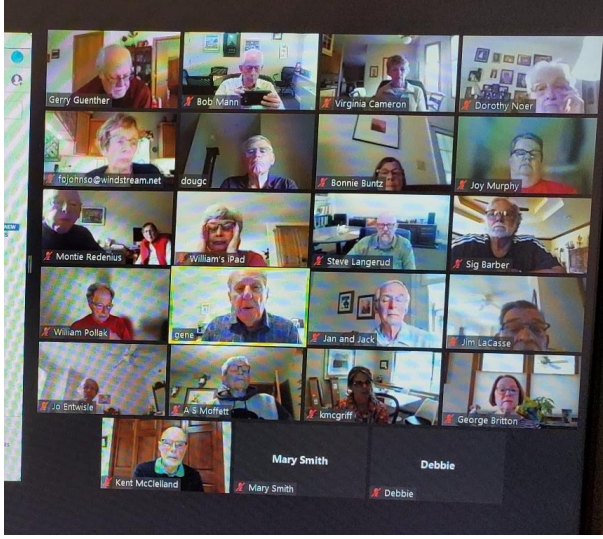
Tree nuts include almonds, pecans, walnuts, hazelnuts, cashews, pistachios, Brazil nuts, macadamia nuts, and pine nuts. Did you notice that peanuts are missing? Peanuts are a legume and differ in fat composition, resulting in a lower benefit to brain health. As for extra-virgin olive oil, look for bottles of opaque or dark glass. Extra virgin oil is useful both raw (in dressings or dipping oils) and as a cooking fat.

Need ideas? Nuts and olive oil can be incorporated into any meal or snack. A breakfast parfait or oatmeal can be topped with mixed nuts. Or scramble eggs and veggies in olive oil. Choose an olive-oil based dressing for your salad like this [basic vinaigrette](#).

Spread hummus or pesto on sandwiches or wraps. Toss pasta in olive oil before serving. Or satisfy a snack craving with a handful of tree nuts. The possibilities are endless. Enjoy!

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

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



The Mayflower Residents Association (MRA) held their quarterly MRA Council meeting on Monday, May 23rd via Zoom. This group of officers and standing committee chairs represents the 260 residents of The Mayflower Community, Grinnell IA.

The agenda included status reports from each committee regarding their accomplishments and work plans. In addition, the Treasurer's report presented committee expenditures to date.

Additional information was presented, and issues were discussed. One of the primary topics was the communications challenge on the Mayflower campus given new precautions resulting from the increasing COVID-19 transmission rate in Poweshiek County. For example, the Council meeting, to which all residents are invited, was moved from in-person in the Carman Center to Zoom for the purpose of health safety.

-Bob Mann, Mayflower Sales & Marketing Director

Tea, Rolls, and Music at Mayflower

The Community Life and Wellness department of The Mayflower Community hosted a tea party in the Carman Center on Friday, May 20th. Mayflower's Foodservices department served tea using Scott Gruhn's fine China collection.

Katie Hoisington, Pat Groth, and Delores Montgomery enjoy the tea and rolls.



In addition, homemade sticky rolls and recorded music topped off the fun. Old time favorites were played, such as "Don't Sit Under the Apple Tree" and others from the 1940's. That initiated much

conversation—the music, that is; the rolls provided their own enjoyment!

-Community Life and Wellness Department

May Wine & Cheese Gathering

The next Wine and Cheese event will be tonight, **Friday, May 27th**, 4:30-5:30pm, **Buckley Dining Room**. Relax with Mayflower residents!



Spring Flower Planting at Mayflower

The Mayflower Community grounds and flower beds are coming to life....after all it is finally spring! In the accompanying photo, marigolds and petunias grace the entrance to the Pearson building cul-de-sac. The funding for this project was provided by the Mayflower Residents Association.



-Bob Mann, Mayflower Sales & Marketing Director

Resident News



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.

Marie Eisenman Birthday Celebration

You are invited to join Mayflower resident, Marie Eisenman, in the celebration of her 90th birthday. Sunday, June 12th. 2:00 – 4:00pm. Buckley Dining Room. Please, no gifts.

Chris Hunter'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, Chris Hunter's poem, "Waiting for a Shoe to Drop," was selected for publication among 340 qualifiers from the total 1,800 poems submitted.

Waiting for a Shoe to Drop

I'm waiting for a shoe to drop,
For news of who has fallen ill,
Or can't afford a place to live,
Or lost a job, or mourns a child.

I'm waiting for a shoe to drop,
For news that show big lies still work,
Or racist fools have killed again,
Or "thoughts and prayers" are quite enough.

I'm weary waiting for shoes to drop.
I'll stop, draw deep, slow breaths, and then
Observe the autumn leaves change hue.
I'll wait for them to drop instead.

-Chris Hunter, Resident

Armchair Travels in Mayflower's Kiesel Theatre

2:00pm on Thursdays



Below are the upcoming virtual "trips."

June 2nd

- U.S. Iowa "The State Fair"
- U.S. Iowa "Six on Six Basketball"

June 9th

- Spain, Canary Islands
- Germany, Bremen, Holiday Markets
- U.S. Illinois and Missouri, Best of the Midwest

June 16th

- Spain, Santiago, Journey to
- Spain, Santiago, De Compostela
- U.S. Wisconsin and Chicago, Best of the Midwest

June 23rd

- U.S. Hawaii, The Big Island
- Formosa/Taiwan: The Natural Side
- U.S. California, Sonoma Valley

June 30th

- U.S. Michigan, Taste of India, Dehli and Agra
- Argentina/Chile, Patagonia, Mt. Fitzroy

Transition Treks

Mayflower independent living transition activity since last listing

Moved In:

- Bob and Nancy Cadmus from Grinnell to 516 State Street Harwich Terrace patio home
- Gene and Gail Smith from Byron IL to Buckley #201 interim while awaiting remodeling of Edwards #8
- Phil and Dorothy Palmer from Grinnell to Montgomery #4
- Nancy Baumgartner from Grinnell to Buckley #110 (moving in on May 30th)

Moves in Process:

- Becky Neal from Altemeier #105 to 604 State Street Harwich Terrace
- Janice Logan from Grinnell to Edwards #3
- Lois Oertwig from Ankeny to Altemeier #105

-Bob Mann

Sales & Marketing Director (bmanna@mayflowerhomes.com)

"I wish we had moved sooner!"

Happenings at Grinnell College



The Metropolitan Opera at Grinnell College

Grinnell College has offered Metropolitan Operas live-streamed, high-definition in the Harris Cinema. 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:

- *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 May Chapel Service Schedule



May 24th was the last Tuesday 10am chapel service until September.

June Treasure Chest: Love Comes Alive

"Love Is in the Air" and on display in the Pearson building lobby Treasure Chest. The June 6th through July 7th exhibit will feature 20th century love songs. Stop by, take a look, and recall some familiar lyrics. You will leave humming a tune. In addition, wedding pictures of Mayflower couples will be on display. See if you can guess who these couples are. Fill out a ballot to enter the contest. There will be prizes for all who participate.



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

Book List for June

Elderhood by Louise Aronson

The Country Guesthouse by Robin Carr

The Heron Cry by Ann Cleeves

Fair Warning by Michael Connelly

Never by Ken Follett

Give Unto Others by Donna Leon

A Darker Domain by Val McDermid

The Woman They Could Not Silence by Kate Moore

A Woman of No Importance by Sonia Purcell

The Book Women of Troublesome Creek (LP) by Kim Michelle Richardson

A Time of Love and Tartan (LP) by Alexander McCal Smith

Becoming Wise by Krista Trippett

The Love of my Life (LP) by Rosie Wals

A Sunlit Weapon (second book) by Jacqueline Winspear

Book Review

The Book Woman of Troublesome Creek

Kim Michele Richardson

Kim Michele Richardson's historical novel about packhorse librarians

in Kentucky, *The Book Woman of Troublesome Creek*, appeared just five months before Jojo Moyes' better-known novel on the same topic, *The Giver of Stars*. In Richardson's book, the main character comes from a distinctly hardscrabble background and is also one of the last of the blue-skinned people of Kentucky. The book focuses equally on the satisfactions and dangers of being a packhorse librarian and the difficulties of being seen as cursed and "colored" in the thirties in Appalachia. Having read both books now, I am puzzled by Richardson's claims of plagiarism on Jojo Moyes's part. The books seem to have quite a different focus and perspective. Perhaps I will now have to reread *The Giver of Stars*. As of the end of May, both books will be available in Pearson Library.

If you enjoy *The Book Woman of Troublesome Creek* and would like us to get the sequel, please let someone on the library committee know. The large print edition of *The Book Woman's Daughter* is scheduled to be released soon.

Fair Warning
Michael Connelly

This is the third thriller featuring L.A. reporter, Jack McEvoy, who is now working for Fair Warning, an on-line news site that focuses on consumer fraud. Jack becomes a "person of interest" in the murder of a woman with whom he had a one-night stand a year ago. The woman was killed in a very unusual manner which concerns Jack. He begins investigating and finds that several others have been killed in the same unusual way.

When he finds an additional connection between the victims, he theorizes that one person is likely responsible for all the deaths and the hunt begins. This was not one of my favorite Connelly books but still keeps you guessing until the end.

Informer Submission Deadlines

Submission deadline:

- Submission deadline: June 3rd for publication June 10th
- Submission deadline: June 17th for publication June 24th
- Submission deadline: July 1st for publication July 8th



[Submit here.](#)

Residents' Birthdays

Keiko Butterfield on May 29th
Dick Weeks on June 1st
Elizabeth Dobbs on June 3rd
Suzanne Schwengels on June 3rd
Rosie Mathews on June 4th
Bev Anderson on June 5th
Bob Dimit on June 6th
Bob Grey on June 6th
Sue Ramsey on June 7th
Marie Eisenman on June 8th
Bob Anderson on June 9th
Ed Phillips on June 12th

In Memoriam

Jean Libbey
Date of Birth: March 18, 1931
Date of Passing: May 23, 2022

A service of remembrance and celebration will take place at the Grinnell United Church of Christ on August 27, 2022 at 10:30am

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



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Mayflower
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