

The Informer

July 22, 2022

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Mayflower Welcomes new Director of Facilities Management

Steve Langerud, Executive Director of Grinnell's Mayflower Community, announces that Ronald Benner of North Liberty, Iowa has been named Mayflower's Director of Facilities Management to succeed Jack Morrison. Morrison will retire September 2nd after 38 years of service to Mayflower.

Benner has served as Facilities Maintenance Manager for Nordstrom Cedar Rapids, a 500,000 square-foot fulfillment and contact center located on Interstate 380 south of Cedar Rapids. At Nordstrom, Benner oversaw a 42-member team. His previous experience includes facility management, property management, and engineering with Cedar Rapids area manufacturers and Marriott Hotels and Resorts, as well as the University of Iowa Foundation's 120,000 square foot building.

Beginning August 2nd, Benner will be working at Mayflower in transition with Morrison.

"I am looking forward to working with Mayflower because I feel that I can make a difference for residents," says Benner. "Mayflower seems like such a peaceful place that I can, too, call 'home.' This is the right time for my family and me to make this move."

Benner is married and has three children at home.

Button?

On Friday, July 15th, two volunteers from the Grinnell Area Arts Council assisted The Mayflower Community Health Center residents in making buttons.

Pictured is Mayflower resident, Netia Worley, showing volunteer Leia Sohn how to use the button press.



-Tracy Woolfolk, Community Life and Wellness Coordinator



Well-Being at Mayflower

MIND Diet: Food for Thought Recommended Foods: Grains and Beans

Carbohydrates are the primary source of glucose, the preferred fuel for the brain and body. Maintaining stable blood glucose levels is an essential, ongoing physical function that involves multiple hormones and organ systems. Researchers are continuing to discover connections between uncontrolled blood sugar (diabetes), cognitive decline, and the development of Alzheimer's disease. Chronic elevated blood sugar appears to damage delicate nerve tissues, increasing disease risk.

Smart carbohydrate choices are a foundational component of blood sugar stability and brain health. The MIND diet (Mediterranean-Dash Intervention for Neurodegenerative Delay) encourages carbohydrates in the form of whole grains and beans. Choose whole grain foods at least three times daily. Oats, brown rice, farro, barley, bulgur, whole grain pasta, quinoa, wild rice, breads made with whole wheat flour, and popcorn are among the options.

All varieties of beans are encouraged at least four times weekly. These varieties include Chickpeas (including hummus), lentils, black beans, cannellini beans, pinto beans, kidney beans, fava beans, lima beans, navy beans, black-eyed peas, and red beans.

In general, whole grains and beans have a mild and slightly nutty

flavor. This mildness plays well in almost any recipe, making for endless possibilities in the kitchen. There is no need to choose between flavor and enjoyment versus brain health and blood sugar control. Whole grains and beans offer the best of both worlds.

Looking for inspiration? Recipes:

[Brain-Works Granola](#)

[Homemade Hummus](#)

[Lentil Soup](#)

References found below:

[Reference One](#)

[Reference Two](#)

[Reference Three](#)

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

Mayflower Residents Attend Music in the Park

With Grinnell's Central Park just a block down the street, residents of The Mayflower Community have attended the summer concert series on Thursday evenings during the months of June and



July. Begun in 2022, Music in the Park was a collaboration of the Grinnell Area Arts Council and the Grinnell Chamber of Commerce. Now, the Arts Council singularly hosts it.

On a recent Thursday evening, Mayflower Health Center residents were entertained by Barefoot Becky and the Ivanhoe Dutchmen. The Mt. Vernon IA group features Becky Livermore on accordion and vocals.

-Mayflower Community Life and Wellness Department

“Happy Birthday” Singing Dog at Mayflower

On Tuesday, July 12th, residents in the Health Center at The Mayflower Community, specifically birthday-girl,



Norma Veldboom, were serenaded by the dog who sings “Happy Birthday.” He lives with his owner in Pennsylvania. Whenever he hears the song, he sings, too. When he was only a few months old, he joined in at a family birthday party. Now he can’t stop singing and if someone sings it on TV,

he sings, also.

Residents at Mayflower periodically join “Pets Together” via Zoom to talk with owners and pets. The “Pets” organization (<https://petstogether.org/>) is based in the North Carolina mountains and provides virtual group video chats featuring volunteers across the country with their varied pets.

Mayflower residents joined this recent virtual meeting, facilitated by Mayflower’s Community Life and Wellness department. They engaged in conversations about their pets, as well as “Oohing” and “Aahing” over the cute dogs and their tricks on the screen.

-Tracy Woolfolk, Community Life and Wellness Coordinator

July Wine & Cheese Gathering

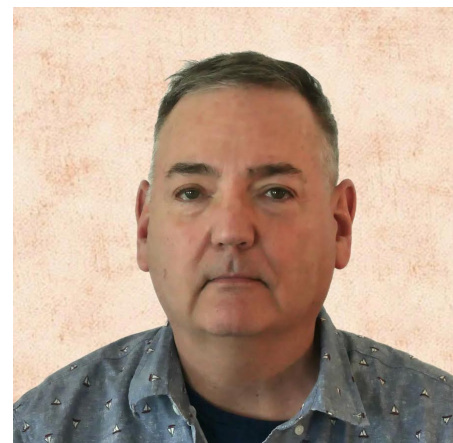
The next Mayflower Residents Wine and Cheese event will be tonight, **Friday, July 29th, 4:30-5:30pm, Buckley Dining Room**. Come and enjoy Mayflower resident conversation...and refreshments!



Resident News

Rich Adams Named MRA President-Elect

Your Mayflower Residents Association officers are pleased to announce that Rich Adams has stepped forward to fill the vacant MRA President-Elect position. His patience, listening skills, and ability to connect with people will



serve the MRA well this year and beyond.

Rich moved to a Mayflower Harwich Terrace patio home on July 28, 2021, after retiring from Toronto Metropolitan University (formerly Ryerson University), where he taught graphic communications management (printing, web design). He had been impressed with the Grinnell and Mayflower communities after visiting nearby Wilhelm Imaging Research in 2016 and having tours of Mayflower over the three following years.

After moving to Mayflower, Rich joined the MRA Information Resource Committee and has enjoyed helping residents with their computers, tablets, and smartphones. As President-Elect of the MRA, he looks forward to visioning more resident activities and ways to recognize our conscientious and devoted staff.

-Gerry Guenther, MRA President



Mayflower Congratulates Quilter Debbie VanArkel

On July 9th, Mayflower resident, Debbie VanArkel, won the small quilt challenge category award for her work at the Jewel Box Quilters Guild show. Held in the Grinnell College Museum of Art, 84 quilts made by 31 Guild members were on display. Debbie's entry in the Garden of Life category, was entitled, "Spring Flight—Dove in the Window." Pictured here, the quilt's scalloped border is a special feature.

In addition to Debbie, two members of Mayflower's Wait-List also won category awards.

Mayflower resident and City of Grinnell Mayor, Dan Agnew, was one of the show's judges.

The quilts will be on display in the Museum of Art until August 27th.

-Bob Mann, Mayflower Sales & Marketing Director

Opportunity for Mayflower Residents to Participate in Russian Food Course

“Comrades in the Kitchen: Russian and Soviet Food Culture.”

Everyone has a food story; what’s yours?

I invite you to join me and my students this fall in an exciting opportunity to collaborate in my course “Comrades in the Kitchen: Russian and Soviet Food Culture.” Participants will team with groups of Grinnell College students in sharing each other’s food stories and exploring together the meaning of food in Russia and the countries of the former Soviet Union, with special focus on Ukraine, as we read and discuss Anya Von Bremzen’s *Mastering the Art of Soviet Cooking: A Memoir of Longing and Desire*, along with a number of other texts. My course involves hands-on learning, as students learn to cook in our new Global Kitchen—and as they cook to learn. We’ll also break bread together, when possible.

Special note: Insofar as any discussion of food must also address its lack, we will consider the question of hunger and starvation, which have profoundly affected the region; the current global



food crisis brought on by Russia’s invasion of Ukraine is sadly not an exception. Indeed, everyone does have a food story—but not everyone’s food story is a good one. Such human suffering demands a response, and in this light, we will seek ways to take action and feed others in our community.

The course will meet regularly on Tuesdays and Thursdays, 2-3:50 p.m.; participants won’t attend every session and will occasionally meet with students outside of class. More information will follow later in the summer; for now, I’m surveying interest in such an opportunity. I am seeking up to ten participants.

Please sign up with Joni Schmidt at the Pearson Office (641-236-6151 x100). Let me add that your expression of interest is non-binding—I want to get a sense of how many participants might join me and my students in this exciting collaboration.

*-Todd Armstrong
Department of Russian, Grinnell College*



Invitation from the Stew Makerspace- Happening TODAY!

Managed by the Grinnell Area Arts Council with funding provided by the Grinnell College Wilson Center, the Stew Makerspace is a storefront at 927 Broad Street that offers a

diverse set of tools for individuals and groups to use their creativity, practice a craft, or prototype a product. The space offers training and workshops on design and fabrication—digital, woodwork, and metalwork.

Craig Gibbens of The Stew Makerspace is extending an invitation to Mayflower residents for a special open house on Friday, July 22nd, 9:00am-12:00noon. Look around; take a guided tour; learn about all the creative spaces; and engage in an activity, all designed for Mayflower residents. There is a woodshop, ceramics studio, metal shop, laser engraver, 3D printers, and more.

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

Below are the upcoming virtual "trips."

July 28th

- Spain, Andalucia
- South Africa

August 4th

- Germany, Rhine & Mosel Rivers
- Germany, German Gems



- Germany, The Romantic Road

August 11th

- The Wolf that Changed America
- Croatia: Adriatic Delights

August 18th

- U.S., Louisiana, The German Coast
- Thailand, Bangkok, and the River Kwai
- U.S., Missouri and Kansas, Taste of

August 25th

- Thailand, the Golden Triangle
- The Story of Coffee
- Italy, Milan

Transition Treks

Moved In:

- Gene and Gail Smith from Byron IL by way of Buckley #201 interim to Edwards #8
- Janice Logan from Grinnell to Edwards #3
- Lois Oertwig from Ankeny to Pearson #107 interim awaiting remodel of Altemeier #105
- Dennis and Jean Perri from Grinnell to Pearson #212 interim awaiting remodel of 721 Park Street Harwich Terrace patio home

Moves Pending:

- Becky Neal from Altemeier #105 to 604 State Street Harwich Terrace patio home
- Orlan Mitchell from 725 Park Street Harwich Terrace patio home to Buckley #101
- Pat and Bonnie Lipton from Sun City Center FL to Watertower Square #209

-Bob Mann

Sales & Marketing Director (bmann@mayflowerhomes.com)

"I wish we had moved sooner!"

Available Mayflower Homes

Apartments

- Pearson #211. 1,133 sq.ft. One bedroom/one bath. Dining room + den/living room. Washer/dryer. Plenty of storage. \$79,500
- Pearson #107 (temporarily occupied). 960 sq.ft. Two-bedroom/one bath. East-facing windows. \$58,900
- Buckley #201. 681 sq.ft. Two-bedroom/one bath. Balcony. \$64,750
- Pearson #213. 600 sq.ft. One-bedroom. New LVP flooring. \$48,250
- Pearson #212 (temporarily occupied). 600 sq.ft. One-bedroom. Open kitchen. LVP flooring. \$45,500



Harwich Terrace Patio Homes

- 725 Park Street. 1,280 sq.ft. One bedroom/one and one-half bath up. Three-season sunroom. Deck. Full, mostly finished basement with two bedrooms, full bath, family room, shop. In Wait-List.



Treasure Chest Wedding Photos

The Treasure Chest Committee thanks the residents who shared wedding photographs for the June "Love Is in the Air" display.

Those pictured were Gerry and Sara Adams, Bob and Dot Anderson, Gordon and Alicemary Borthwick, Doug and Ginny Cameron, George and Sue Drake, Charlie and Mari Duke, Jim and Marvel LaCasse, Steve and Karen Langerud, Bill and Karen

McNally, Montie and Suzanne Redenius, Bruce and Martha Voyles, and Roger and MJ Zimmerman.

Those who submitted ballots identifying the "mystery couples" were Montie and Suzanne Redenius, Alicemary Borthwick, Bob and Dot Anderson, Joy Murphy, and John Noer. They will receive a special Hershey's kiss!

Book List

Long Road to Mercy by David Baldacci

Shady Hollow by Juneau Black

The Bookshop on the Shore (LP) by Jenny Colgan

500 Miles from You (LP) by Jenny Colgan

Damnation Spring by Ash Davidson

The Book of Lost Names by Kristin Hannah

The Feather Thief by Kirk Wallace Johnson

Sea of Tranquility (LP) by Emily St. John Mandel

The Chancellor: The Remarkable Odyssey of Angela Merkel by Kati Marton

Out of Bounds by Val McDermid

Still Life by Val McDermid

The Woman in Cabin 10 by Ruth Ware

LP= Large Print

Book Reviews

The Woman They Could Not Silence

by Kate Moore

This is the true story of Elizabeth Packard, housewife and mother of six. Her husband of twenty-one years, Theophilus, is increasingly threatened by Elizabeth's intelligence and independence and her insistence on voicing her thoughts. He plots and succeeds in 1860 in having her committed to an insane asylum. The horrific conditions inside the Illinois State Hospital are overseen by Dr. Andrew McFarland who will be even more of a threat to Elizabeth than her husband.

She is not the only rational woman on her ward who tell the same story: They have been committed to keep them inline and conveniently labeled "crazy." She discovers that the merit of losing everything is that then, there is nothing to lose. Elizabeth's refusal to be silenced and her quest for justice not only challenged the medical science of the day but led to a giant leap forward in human rights. A vivid look at the life and times of a little-known pioneer of women's rights, Eliza-beth's story is in many ways relevant to today's world.

-Member of MRA Library Committee Member

State of Terror

by Hillary Rodham Clinton and Louis Penny

This is a political-mystery novel by mystery author, Louise Penny, and former Secretary of State, Hillary Clinton, both bringing their expertise to write a high-stakes thriller of international intrigue. A series of terrorist attacks throws the global order into disarray and the newly appointed Secretary of State, Ellen Adams, is tasked with assembling a team to figure out what has happened, who are the terrorists and how can they be stopped.

This becomes more difficult as the previous Administration has left the American government dangerously out of touch with global concerns. The authors keep us guessing until the end with lots of twists and turns.

-Member of MRA Library Committee Member

Residents' Birthdays

Joan Brand-Landkamer on July 22nd

Harley Henry on July 22nd

Phil Palmer on July 23rd

Ed Adkins on July 26th

Harriet Adelberg on July 31st

Tom Szary on August 2nd

Karen Stevenson on August 3rd

John Noer on August 7th

Suzy Raffety on August 7th

Sue Ahrens on August 9th

Sheila Gause on August 9th

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