

The Informer

July 8, 2022

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All Aboard the Mayflower Float!

An ad hoc group of Mayflower residents, led by Sis Vogel, prepared and entered into Grinnell's traditional 4th of July parade a number of

"floats." Included were the Mayflower ship pulled on a trailer by Lyle and Carolyn Roudabush in their pick-up truck.

Other Mayflower entrants included the bubble machine on our Gator, decorated golf carts with human candy dispersers, and the Fun2Go Rickshaw three-wheeled bicycle.

Independence Day Buffet

On Monday, July 4th, The Mayflower Community community served a classic holiday buffet to celebrate Independence Day. Residents were joined by many family members to eat and talk....just like in any fun community.

As Mayflower resident, Harley Henry, has mused, "Mayflower is like a cruise ship without a port of call!" About 85 folks enjoyed the time together provided by the Mayflower Foodservices staff.



-Bob Mann, Mayflower Sales & Marketing Director

TheraBand Classes Beginning Monday, July 11th

Brett Brennen, PTA, who is Mayflower's Therapy Program Coordinator, will lead 30-to-40- minute classes in July on Monday, Wednesday, and Friday at 10:00am in the Carman Center. The TheraBand stretch strap is a thick elastic loop used for light resistance stretching to strengthen muscles and joints to enhance functional mobility. No sign-up is required. If you have your own TheraBand, bring it. Bands will be provide for others. Wear loose, comfortable clothing.

Brett is a graduate of Mercer County Community College, West Windsor Township, New Jersey, where he received his Physical Therapy Assistant certification. He has extensive therapy experience in nursing facilities and has worked with Key Rehab since 2016. Brett served in the U.S. Marine Corps from 1997 to 2001. Married and a father, Brett lives in Grinnell.

Beginning in August, Mayflower's Community Life and Wellness staff will be leading the classes.

Coping During the Pandemic

How have people coped during the pandemic? Some insights have been gained in a study recently released by Mather Lifeways, an 80-year-old not-for-profit organization whose programs include senior living, community-based initiatives, and aging research.



Mather's study focused on resident stress and resilience during the pandemic. Participants included 3,441 residents of 122 senior living and healthcare communities. They were asked to self-report on characteristics of stress and resilience related to life during the pandemic.

Coping strategies that lowered stress included intellectual activities, meditation, and volunteer work. Coping strategies that heightened resiliency included these above, plus talking with friends/family and, "screen time" activities. Overall, the study concluded by saying that

residents of not-for-profit Life Plan Communities (which includes Grinnell's The Mayflower Community) reported low stress and high resiliency during the pandemic, despite variability across individuals.

In Grinnell's Mayflower Community, residents have gathered often in safe modes to share conversation and intellectual activities. As a result, we have spent the last two-and-a-half years avoiding the worst parts of the pandemic, to both physical and mental health.

-Bob Mann, Mayflower Sales & Marketing Director



College Students Entertain at Mayflower

On Saturday, June 25th, two Grinnell College students volunteered to spend time with residents in The Mayflower Community's Health

Center. Mayflower's Community Life and Wellness Coordinator, Jessica Hasenyager, was connected to the young women because they are both Grinnell College tennis players coached by her husband Zack Hasenyager, the Head Men's and Women's coach.

Sabrina Tang and Ioanna Giannkou spent the afternoon leading in arts, crafts, and music. Sabrina played violin for residents, both in a small group and in the Health Center hallway. Ioanna participated in the arts and crafts. At a future time, she will join Sabrina for a duet—Sabrina's violin and Ioanna's piano.

-Community Life and Wellness Department

MRA Pop-Up Lawn Party

Join in the fun on Friday, July 15th, 10:30am to 12:00noon at the horseshoe court (grassy area north of the Montgomery building). Besides horseshoes, the following games will be available: bling/ladder ball, bocce ball, corn hole bags. Cold drinks will be on site.

A box lunch will be served at 12:00noon. Box lunch reservations are

required by 12:00noon, Wednesday, July 13th (641-236-6151 x216 or sgruhn@mayflowerhomes.com). In case of rain, the pop-up will be moved to the Buckley Dining Room for table games. This MRA event is being hosted by John and Dorothy Noer (712-420-1337).

Grinnell Downtown Farmer's Market

It's that summery time of year again!

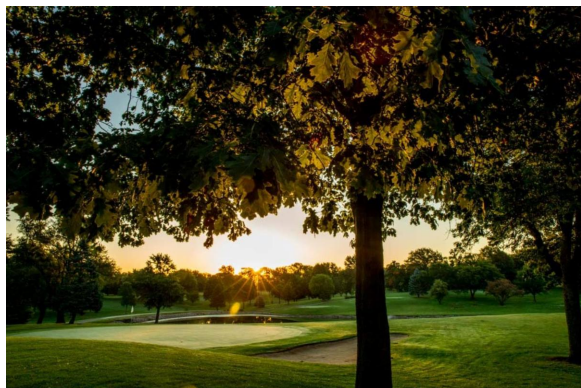
The Grinnell Farmers Market is in full swing downtown Grinnell, and will welcome guests through October 22nd. Vendors sell homemade goodies, produce, and various crafts. The Grinnell Farmers Market takes place every Thursday 3-6pm and every Saturday from 10am-noon.



You can find a full list of vendors [here](#).

It's a short walk from the Mayflower and not only is it a great way to support local farmers and artists, but it's a fun way to get a little exercise and integrate into the Grinnell Community!

-Temesha Derby, Informer Editor



Are You up to *PAR* to Play Golf?

Reminder for this upcoming event: on July 14th through July 16th, Grinnell College will be hosting a golf invitational at their golf course, 933 13th Avenue. Enjoy golf, conversation, delicious food, songs and dance, prizes and more.

For \$500, you and your partner of choice will receive 72 holes of golf, \$200 in tournament gifts, prizes, five meals, and one totally unique golfing experience.

You can find more [information and register here](#).

-Temesha Derby, Informer Editor

The Mayflower Residents Association Meets

The association of residents living in The Mayflower Community held a periodic “Town Meeting” on Monday, June 20th. All of Mayflower’s 265 residents are members of the Mayflower Residents Association and are invited to attend all meetings.



At the recent meeting, residents heard officer and standing committee reports as well as the latest information from the Mayflower administrative staff.

Among topics discussed were plans for new theatre-style seats in the Kiesel Theatre, new Well-Being space in the Pearson building—exercise room and professional service area—new equipment additions to the Obermiller Center exercise space in the Health Center building, and enhanced exercise and workout classes.

Information was presented about the completion of the Beebe Assisted Living building remodeling, including the addition of Open Dining meal service; expanded gardens and grounds work on campus; and information services to residents.

-Bob Mann, Mayflower Sales & Marketing Director

Resident News

Thank-You

A big thank you to our FANS (Friends and Neighbors) of Mayflower for providing flags for our Health Center and Beebe residents. Everyone was so happy to receive them and enjoyed waving them at the parade. Your thoughtfulness is greatly



appreciated.

*Sincerely,
Health Center and Beebe residents, Leslie, Jessica and Tracy –
Community Life/Wellness staff*

TAKE ME OUT TO THE BALL PARK

“Take me out to the Ball Park,”
We sang as the organ played on.
The excitement, the plays—
Those were radio days—
And the St. Louis Cards were our own!

Take me out to the Ball Park.
In Chi Town the Whites played the Reds.
I sat there and watched
While Ted Williams botched
A little pop fly to his head!

Take me out to the Ball Park.
In KC, the old stadium called.
The die had been cast,
The A’s ours at last—
Nine innings we sat there enthralled.

Take me out to the Ball Park.
In Pittsburgh the Pirates were mine.
We ate hot dogs with glee,
Since our tickets were free—
The perks for that day were just fine!

Take me out to the Ball Park.
I hear that old song once again.
I want one more time
On the far third base line,
For my heart’s stroll down memory lane!

-Pasha Buck, Resident

Status of Watertower Square South Plans

At this point, there are two projects on the drawing boards: 1) a three-story “Community Center” to be located adjacent to the current Watertower Square building on the south side and 2) a three-story apartment building adjacent south of the proposed Community Center, which would contain 15 apartments.

Both facilities would have underground parking for Watertower Square residents. The Community Center would stand alone whether or not we build the additional apartments and would be paid with philanthropy. The apartment addition would be dependent on pricing of the individual homes, which at this time is a challenge due to the acceleration of construction costs over the last three years and the recent increase in interest rates for borrowing money. The financial analysis is still in process.

-Bob Mann, Mayflower Sales & Marketing Director

Mayflower Summer Operas

More fun things to do at Mayflower! Thanks to the cultural expertise of resident Don Smith and the DVD collection of resident Bill Pollak, three operas will be shown in our Kiesel Theatre in two-week intervals this summer.

That’s not all. Following each opera, an intimate dinner, themed to the opera, will be served in Mayflower’s J&B Bistro for attendees who choose to partake. The dinner will include a wine selection.

Information about the program and the chosen operas is attached. Note that the first one (July 23rd), *Fidelio*, is the only opera ever written by Beethoven. A synopsis by The Metropolitan Opera can be found [here](#). There is no charge to see the operas and reservations are not necessary.

Family and guests are welcome. We ask that anyone who is not fully vaccinated wear a face mask and maintain social distancing.

Opera! At Mayflower! Do we rock or what?

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 (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

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 14th

- England, Countryside
- Canada, New Brunswick
- Germany, Aachen

July 21st

- Germany, Munich
- France, Paris & Canadian Rockies
- Great Hotels of The World



July 28th

- Spain, Andalucia
- South Africa



July Treasure Chest: Sock It To 'Em

According to Merriam-Webster, a “collection” is an accumulation of objects for study, comparison, or exhibition. Shells on the beach, rocks on the trail, poems, photographs, recipes. A collection can be intentional or accidental, serious, or whimsical. The Mayflower Residents Association Treasure Chest Committee seeks collections of all types.

Bob Mann is a Mayflower resident and employee. Recently, we learned about his unusual collection of socks, so we asked him to share it during July. Yes, you read this correctly. Socks! What started as a few gifts from family has become a collection. In fact, Bob has had to ask his family to stop giving him socks, because he can't wear them all!

-Ginny Cameron, Member of the Treasurer Chest Committee

Residents' Birthdays

Ann Igoe on July 8th
Peggy Kolpin on July 12th
Steve Lovig on July 12th
Jan Mutti on July 13th
Walda Gustafson on July 14th
Jennifer Kang on July 14th
Miriam Baumann on July 15th
Montie Redenius on July 15th
Esther Bethel on July 17th
Dan Kaiser on July 20th
Deena Wellborn on July 20th
Cindy Crandon on July 21st
Norma Veldboom on July 21st
Joan Brand-Landkamer on July 22nd

Harley Henry on July 22nd
Phil Palmer on July 23rd

In Memoriam

Dorothy Williams
Date of Birth: February 21, 1930
Date of Passing: July 2, 2022

Reminder: A service of remembrance for Jean Libbey 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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