

The Informer

August 19, 2022
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“Share the Fair” at Mayflower

Last weekend it was chickens, rabbits, dogs, woodworking, artwork, keyboard music, origami, photography, and sewing presented by 4H’ers at The Mayflower Community. The Grinnell Mighty Golden Clover 4H club came to Beebe Assisted Living and the Health Center to share the projects they had entered in the Poweshiek County Fair. Many came home with blue ribbons. These 4H’ers, under the leadership of Stacy Turley, have previously shared their talents and projects with Mayflower residents. To see what these young people have accomplished is refreshing and uplifting.



The event was facilitated by the Mayflower Community Life and Wellness Coordinators, Tracy Woolfolk and Jessica Hasenyager.

-Bob Mann, Mayflower Sales & Marketing Director



Frog Legs and Chicken Livers...That’s Right!

A “Frog Leg and Chicken Liver Fry! On Tuesday, August 2nd, Grinnell’s Mayflower Foodservices staff served a special dinner of frog legs, fried chicken livers, Cajun-style gumbo, and cheese grits. Diners gathered in the J&B Bistro for this one-of-a-kind

delicacy. Of course, not all Mayflower residents think of this menu as a delicacy!

To: Mayflower Residents
From: Steve Langerud, Executive Director
Re: New Director of Facilities Management Zoom and Q&A

We welcome Ron Benner as the new Director of Facilities Management at Mayflower. Ron started work on August 2nd and is working all month with Jack Morrison to facilitate the transition in management.

Ron will have dual responsibility to Mayflower and Sodexo, our partner in managing facility, housekeeping, and laundry functions. Ron was hired by Mayflower after a full day of interviews where he met with staff and a few residents. Ron will be on site at Mayflower with a regular weekday schedule.

A Zoom meeting took place August 11th and Ron was introduced.

With any change, there are questions. Here is more information about this transition.

1. Only Mayflower facilities, housekeeping, and laundry services are managed by Sodexo. The services and high touch that residents know and appreciate will remain the same.
2. The new director will remain a member of the Mayflower leadership team.
3. Employees have completed paperwork to sign up for payroll and benefits with Sodexo. They did not have to reapply for their jobs.
4. Employees retain their years of service, rate of pay, generous retirement contribution, and attractive health care.
5. Employees will remain the same with Mayflower uniforms, name tags, and approach to their work.
6. Mayflower has a contract with Sodexo to provide services at a set annual fee. Any additional cost saving identified with their systems, tools, and programs are realized by Mayflower.
7. Some employees have chosen not to remain at Mayflower.

MIND Diet: Food for Thought

For many people, a glass of wine is one of life's simple pleasures. The richness, depth, and



complexity of flavor, alongside endless grape varieties (wines that are labeled as being made from one grape variety) are of interest to all, novices through wine sommeliers. It is exciting to know that something so enjoyable is also recommended as a food to boost brain health!

Light to moderate consumption of wine contributes to a reduced risk of developing Alzheimer's disease and other cognitive decline. Ensuring appropriate portion size and frequency is the key to unlocking wine's brain benefit. Light to moderate consumption is defined as up to five ounces/day for women and up to 10 ounces/day for men. Exceeding this volume of alcohol shifts the balance from benefit to potential harm.

Red or White? While red offers more antioxidants per serving than white, both provide a benefit. Extra antioxidants make red the preferred choice, but white is still an adequate option. For those who don't already drink wine, there is no need to start solely for the brain benefit. But those who already enjoy wine can drink to better brain health. Cheers!

References:

[Reference 1](#)

[Reference 2](#)

[Reference 3](#)

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



Fun Week at Mayflower

The week of August 1st was filled with a variety of enjoyable activities for residents of The Mayflower Community's Health Center and Beebe Assisted Living. Birthday celebration. Music in the Park (Turlach Ur Pipe Band!). The Parachute game. Zooming with Pets. Oh, the fun just does not stop, compliments of Mayflower's Community Life and Wellness Department, Leslie Jaworski, Director and Tracy Woolfolk and Jessica Hasenyager, Coordinators.

August Wine & Cheese Gathering

The next Wine and Cheese event will be **Friday, August 26th**, 4:30-5:30pm, **Buckley Dining Room**. Come and enjoy Mayflower resident conversation...and refreshments!



**** Friday, August 19 at 1:00 ****
Georges Bizet's *Carmen*



Georges



Carmen

James Levine conducting
the Metropolitan Opera Orchestra and Chorus

Carmen: Agnes Baltsa
Escamillo: Samuel Ramey
Don José: Jose Carreras

Micaëla: Leona Mitchel
Zuniga: Ara Berberian
Morales: Vernon Hartman

Jack Morrison Retirement Reception

Mark your calendars for Friday, September 2nd, 2:00-3:30pm, Buckley Dining Room to wish Jack well after almost 40 years of dedicated service to Mayflower in our Facilities Department, most recently as Director of Facilities Maintenance.

This will be Jack's last day at Mayflower before retirement. He will be joined by family members at the reception.



Hannah O'Polka Providing Fitness Services to The Mayflower Community

Hannah O'Polka of Grinnell has joined the Community Life Well-Being team at The Mayflower Community as a part-time wellness instructor.

Hannah is a certified Fitness Trainer and certified Nutritionist with a specialty in fitness nutrition. Both certifications are accredited by the International Sports Sciences Association. In addition, the Association has designated Hannah as a Youth, Senior, and Lifespan Coach. She carries CPR and AED certifications.

Hannah's specialties include weight training, resistance band training, conditioning and cardio intervals, muscle-building, and macro or meal dietary planning.

Beginning Monday, September 12th, Hannah will be leading two different classes at Mayflower in the Obermiller Fitness Center (lower level of the Health Center).

Senior Strength. When strength training and balance exercises work together, significant improvements can be made in our ability to counteract age-related muscle loss. Join this fun, high energy, weight training class to combat weakness, build muscle strength, and preserve your independence!

Step It Up! This class takes the buzz of your classic 1990s step aerobic class and combines it with modern, heart-pumping music and fun, low impact cardio movements. Modifications will be available for those who need it. Let's step up your heart health game!

Senior Strength will be offered Mondays and Wednesdays in September at 10:00am. Class times for Step It Up! will be announced later.

Hannah says, "I'm passionate about helping people feel good and finding sustainable lifestyle changes. I believe that when you FEEL GOOD, it trickles into every area of your life. A healthy lifestyle to me is more than losing weight, and I always emphasize this to my clients. It's about making sure every day living activities can be performed to the best of your ability, long term. Eating healthy, getting enough sleep, stretching, and having a positive mental attitude all contribute to our overall well-being."

"I enjoy showing others what their bodies are capable of through strength training and proper nutrition. Your story isn't over yet."

-Kellie McGriff, Mayflower Associate Director/Administrator



Grinnell College

Happenings at Grinnell College

Athletics Reunion

Grinnell College will be hosting its first Athletics Reunion on Labor Day weekend, September 2nd – 4th. Activities will include alumni soccer games, a volleyball alumni/student match, a 5K run, an 18-hole golf scramble, and a run/walk/hike with the cross country team at Rock Creek State Park.

Other events being planned include a Friday evening welcome reception at the Hotel Grinnell's Periodic Table, a Saturday afternoon athletics facilities tour, and an outdoor celebration and public Hall of Fame induction Saturday evening. See [**this website**](#) for more information.

Exhibition: Jewel Box Ribbons
Runs until Saturday, August 27th
Grinnell College Museum of Art

This exhibition of the Jewel Box Quilt Guild features quilts of all sizes, techniques, colors, and patterns, designed and quilted by local guild members. This will be their first exhibition at the museum since a pattern has been set for all of us by the pandemic: isolation, stasis, discovery, emergence, renewal.

Treasure Chest Notice and Plans

The September display in the Pearson lobby Treasure Chest will be Mayflower 75th anniversary artifacts. Founded in 1950, Mayflower will celebrate that anniversary in 2025. If you have anything from the “old days” that we could display in the Treasure Chest, please deliver it to my office by Wednesday, August 31st. Treasure chest items can be brought to Steve's office or Joni.

-Steve Langerud, Executive Director

Greetings members of the Mayflower Community. The Treasure Chest Committee needs your help during the year 2023. Please note the date of 2023. You did read correctly. We wanted to give you plenty of time to think.

First, DO YOU HAVE COLLECTIONS YOU MIGHT WISH TO DISPLAY? Your collection might not be enough to fill the entire display case located in the lobby of Pearson. We (the committee) will help you coordinate with others for a complete display.

This month we have placed several “teasers” (antique fishing gear, fans, stamps, coins, etc.) in the case to get you thinking about your own collections. Please note the committee is also available to assist in setting up and taking down your display should you wish. Displays will be left up for two months at a time (or one month if you want to take it down earlier).

Second, we would welcome other members to our small committee. It is an exciting and fun job talking about collectors, their collections and why they have them!

Contact: Doug or Ginny Cameron (236-4544),
cameronv641@gmail.com and Janis Peak (236-8993)

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



Below are the upcoming virtual "trips."

August 25th

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

September 1st

- James Audubon: A Summer of Birds
- Going Platinum

September 8th

- U.S., North Dakota & South Dakota; Taste of
- U.S., Massachusetts, West Boxford
- Italy, Tuscan Harvests

September 15th

- Canada, Quebec City
- U.S., Virginia, Faber
- Peru, Machu Picchu

September 22nd

- U.S., Alaska, Bear Island
- U.S. Alaska Inside Passage

September 29th

- U.S., Montana, Wolves in Yellowstone
- Immigrating to America

Book List

Horse by Geraldine Brooks
From Kansas to the Cosmos by Beryl E. Clotfelter
The Satapur Moonstone by Sujata Massey
The Widows of Malabar Hill by Sujata Massey
The Butterfly Effect by Rachel Mans McKenny
Code Girls by Liza Mundy
James Patterson (LP) by James Patterson

Yes, Please by Amy Poehler

The Diamond Eye by Kate Quinn

The Complete Guide to Memory by Richard Restak

The Book Woman's Daughter (LP) by Kim Michelle Richardson

Moscow Rules by Daniel Silva

LP=Large Print

Book Review

The Butterfly Effect

by Rachel Mans McKenny

The Butterfly Effect has been chosen as the 2022 All Iowa Reads selection. It is about Greta, an entomologist, who has a rather negative attitude on life in general and seems to prefer bugs over people. After her twin brother has an aneurysm, she returns to Ames, Iowa to work with the butterflies at Reiman Gardens and assist her brother.

While dealing with her dissertation, romance, and family woes, Greta has to decide what is most important in life and how to deal with it. Although there are some fairly intense situations the story is quite enjoyable and easy to read.

The Bookshop on the Shore

by Jenny Colgan is a warm-hearted novel. Desperate to escape from London, single mother Zoe wants to build a new life for herself and her son Hari. She can barely afford the studio apartment. On a whim, she answers an ad for a nanny job in the Scottish Highlands.

The job description asks for someone capable of caring for two “gifted children”: the reality is more like “feral wolverines.” The children’s widowed father is a wreck, and the kids are left to their own devices. Zoe rises to the challenges of the job. With the help of Nina, the friendly local bookseller, Zoe begins to put down roots in the community. Are books, fresh air, and kindness enough to heal this broken family – and her own?

Want to Play a Game?

Answers revealed below.



Richie Rich



The Jetsons



Mighty Mouse

Huckleberry Hound



Residents' Birthdays

Pat Groth on August 22nd

Joan Mohan on August 23rd

Katie Hoisington on August 24th

Doug Caulkins and Barb Lease on August 28th

Karen Phillips on August 29th

Lisa Adkins on August 30th

John Buck, Gloria Clay, Mari Duke, and Dennis Perry on September 2nd

Lynn Budding, Charlie Duke, Lois Oertwig, Suzy Raffety, and Bob Williams on September 7th

In Memoriam

Phyllis Jean Saunders

Date of Birth: March 4, 1932

Date of Passing: August 8, 2022

Dorothy Williams (February 21, 1930 – July 2, 2022) Memorial Service Saturday, August 20th, 3:00pm, Sebring-Lewis Hall in the Bucksbaum Center for the Arts, Grinnell College, 1108 Park Street.

Jean Libbey (March 18, 1931 – May 23, 1922) Celebration of Life service Saturday, August 27th, 10:30am, Grinnell United Church of Christ— Congregational, 902 Broad Street.



Informer Submission Deadlines

- Submission deadline is August 26th for publication on September 2nd
 - Submission deadline is September 9th for publication September 16th
 - Submission deadline is September 23rd for publication September 30th
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