

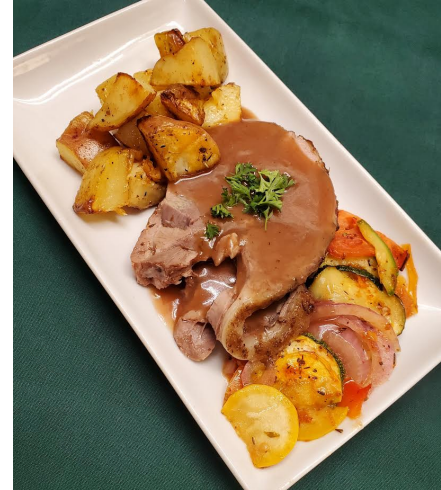
The Informer

August 5, 2022
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It Was Greek to Us at Mayflower

On Tuesday, July 19th, Grinnell's Mayflower Community celebrated our fine dining with a Greek Dinner. 60 residents and guests enjoyed a four-course menu plus social time. The food array included:

- Social – Spiced Wine Hippocrates
- Calamari – Fried calamari with dipping sauce and lemon
- Spanakopita – Spinach, feta, onions, and scallions in flaky phyllo
- Klefiko – Slow roasted bone-in lamb with **Briam** roasted veggies
- Desert – Greek milk pie with chocolate Mosaiko



Still having fun with food and conversation in The Mayflower Community!

-Bob Mann, Mayflower Sales & Marketing Director



Mayflower Staff Member Makes Music

At the Grinnell High School All-School Reunion on July 2nd, Neal Burkett, a gardens and grounds specialist at The Mayflower Community, performed on harmonica with Mojo Machine blues band. Pictured is Neal (GHS 1979), harmonica, and microphone. The GHS alumni group played in Central Park to a crowd of over 1,000.

Saturday, August 6 at **1:00** in The Kiesel Theater



Wolfgang Amadeus Mozart
The Marriage of Figaro

Bernard Haitink conducting the London Philharmonic Orchestra
and the Chorus of The Glyndebourne Festival

The Countess: Renée Fleming	Susanna: Alison Hagley
Figaro: Gerald Finley	Cherubino: Marie-Ange Todorovitch
Doctor Bartolo: Manfred Rohr	Marcellina: Wendy Hillhouse
Barbarina: Susan Gritton	Count Almaviva: Andreas Schmidt
Don Basilio: Robert Tear	



Glyndebourne
(When "our" performance was filmed there on video.)

Mayflower Log

This news piece is published



quarterly, entirely by resident volunteers. You can [read more of the Log here.](#)

If you would like to be on Mayflower's email distribution list for this quarterly publication, please email bmann@mayflowerhomes.com with that address.

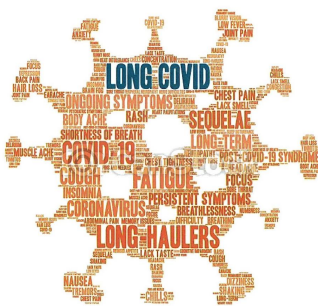
Resident News

Deena Wellborn Celebrates Her 90th at Mayflower

On Wednesday, July 20th, Deena Wellborn, a Beebe Assisted Living resident in The Mayflower Community, celebrated her 90th birthday. Mayflower's Foodservices staff provided the delicious red velvet and vanilla cupcakes and strawberry punch in Beebe. In the Health Center, the cupcakes were champagne and the punch was orange and pineapple with floating slices. You will note in the photograph that Deena's cake had just one large candle. We were not able to get a burn permit for 90!



-Mayflower Community Life and Wellness Department



“Long COVID” Risk Factors

The Mayflower Community's professional organization, LeadingAge, produces a periodic blog with information about developments in our industry. Recently, they published a summary of information from the U.S. Department of Health and Human Services. It may provide you with pertinent information about people you know who are dealing with health issues after contracting a case of COVID-19.

-Bob Mann, Mayflower Sales & Marketing Director

Long COVID Risk Factors: The National Institute of Allergy and Infectious Diseases (NIAID), the National Center for Advancing

Translational Sciences, and the National Institute on Drug Abuse released a story that researchers had studied samples from COVID-19 patients over time, which led to many insights, including some of the risk factors for Long COVID.

The researchers enrolled 209 people ages 18 to 89 who had laboratory-confirmed SARS-CoV-2 infections. The participants' COVID-19 experiences ranged from having mild symptoms and never having to be hospitalized to needing mechanical ventilation in the intensive care unit. With the participants' consent, researchers studied their electronic health records, interviewed them about their symptoms, and took blood samples. All participants were asked to come back 60 and 90 days after their initial COVID-19 symptoms started.

The researchers compared the 209 patients with people who had not had COVID-19 and checked their findings against a separate group of 100 people who had COVID-19 and were 60 to 90 days beyond developing their initial symptoms. Three months after being diagnosed with COVID-19, half of the 209 participants reported fatigue. A quarter of them had a cough, and 18% had loss of smell or taste.

The researchers found that people were more likely to have symptoms 2 to 3 months after diagnosis if they had any of several risk factors at the time they were diagnosed, including:

- Type 2 diabetes
- Reactivated Epstein-Barr virus in their blood. Many people are infected with this virus in childhood. After infection, the virus persists in the body in an inactive form but may reactivate.
- Autoantibodies. While antibodies should bind only to materials from outside the body, some people make antibodies against their own tissues. The researchers checked for a few different autoantibodies.

The researchers also made other observations. For example, people who had cold-like symptoms at 3 months also had low levels of the hormone cortisol. These risk factors are only part of the picture, the researchers noted. A person's genetics likely also play a factor in their Long COVID risk.

-Bob Mann, Sales & Marketing Director

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.



Cross-Class Interaction

Social scientists have spent decades wondering why kids in some neighborhoods rise out of poverty, while kids who live in other, similar communities stay behind. In other words:

What is the secret sauce to the American Dream?

In two pathbreaking **studies** published in Nature yesterday, a team of researchers claimed to have found the answer. The most important factor in upward income mobility was having friends across class lines.

How the researchers did it: with a little help from Zuck. The study used a data sample representing 72 million people on Facebook to map the socioeconomic profile of their friends on the platform.

What they found: Children who live in neighborhoods with more cross-class interaction—what the researchers dubbed “economic connectedness”—have a much greater chance of climbing out of poverty than children who live in places where low-income and high-income people mingle less often.

This discrepancy is what your science teacher would call “statistically significant.” If children of low-income parents were to live in places where 70% of their friends were wealthy, their predicted future earnings would increase by an average of 20%, the study found.

So how do we encourage more cross-class interaction? The researchers pointed to several policies that could help, including reforming zoning policies, boosting affordable housing, and addressing “friending bias”—where people in a certain class choose to pal up with others of the same class.

-Taken from "Morning Brew" publication

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



Below are the upcoming virtual "trips."

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

Want to Play a Game?

Guess the Cartoons Below!

Answers will be revealed in the next edition of *The Informer*.



Cartoon A (left)



Cartoon B (right)



Cartoon C (left)

Cartoon D (right)



Residents' Birthdays

John Noer on August 7th
Suzy Raffety on August 7th

Sue Ahrens on August 9th
Sheila Gause on August 9th
Judy Thompson on August 14th
Alice Breemer on August 15th
Patty Johnson on August 15th
Donna Miller on August 18th
Mary Smith on August 18th
Pat Groth on August 22nd

Correction: In the last edition of The Informer, Suzy Raffety's birthday was listed as August 7th. That was an error. Her birthday is September 7th.

In Memoriam

Eugene B. McCaw

Date of Birth: April 18, 1929

Date of Passing: July 23, 2022

Nancy Wolff

Date of Birth: February 14, 1942

Date of Passing: August 1, 2022

Informer Submission Deadlines



- Submission deadline is August 12th for publication on August 19th
- 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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