

The Informer

September 16, 2022
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Well-Being Program Kick Off

Under the direction of Mayflower's new Well-Being Coordinator, Hannah O'Polka, CNS, FT (Certified Nutrition Specialist and Fitness Trainer), a wide array of provider services and classes have begun. These fitness and holistic health treatments will be available to Mayflower independent living residents and employees in campus spaces devoted to these services.

The classes will be available without charge. The professional services will be on either an insurance or a fee basis, as set by the providers.

The locations for services and classes, many with new equipment, will be:

- The Obermiller Center (lower-level Health Center).
- Carman Center (2nd floor Health Center)
- Integrated Health Clinic (lower-level, east side of Pearson)
- Pearson Fitness Center (lower-level, west side of Pearson)
 - Room #1: Hydromassage Lounger
 - Room #2: Chiropractor
 - Room #3: Massage, CranioSacral Therapy, Acupuncture, Reflexology
- Mayflower Health Center Second Floor (hall to east of Carman Center)
 - Room #1: Relax Space/Multisensory Pod
 - Room #2: Health Clinic
 - Room #3: Hydromassage Lounger for Health Center/Beebe residents and staff

The professional providers include (insurance, if applicable, or fee basis):

- Dr. Darius Bradford, DC – Chiropractor
- Melinda Sherman, LMT – Licensed Massage Therapist
- Jackie Hutchison, PT, CST-T – Physical Therapist and CranioSacral Therapist starting October 18th
- Sydney Roudabush Bradford – Acupuncturist starting later
- Dr. Dean Kayser, AUD – Audiologist
- Dr. Matthew McKnight, DPM – Podiatrist



The first four will be using the new Pearson Integrated Health Clinic. The latter two use Room #2 in the Health Center Second Floor Health Clinic. All providers

schedule their own appointments.

In the image above, Hannah O'Polka leads a Senior Strength class.

In addition, these classes are being offered:

- Senior Strength
- Chair Yoga and TheraBand
- Mondays and Wednesdays – Senior Strength
- Tuesdays and Thursdays – Chair Yoga
- Fridays – TheraBand

Planned future classes include Tai Chi and Reflect instructor supported classes.

No registration is required for these classes. **JUST SHOW UP!**

At Mayflower, you can be an Active Adult!

MIND Diet: Food for Thought

From berries and nuts to leafy greens, beans, and wine, the MIND (Mediterranean-Dash Intervention for Neurodegenerative Delay) diet recommends a wide variety of foods known to promote brain health and cognitive longevity.



With the same goal in mind, this month our focus turns to a (short) list of foods, which should be reduced or limited. MIND dietary recommendations identify five types of food associated with

compromised cognitive function when eaten frequently and/or in large portions.

- Red and Processed Meats. This includes beef, pork, lamb, and all sausages, hot dogs, or cured meats. Enjoy sparingly, up to 3 times per week.
- Fried Fast Food. Limit fast food trips to 1-2 times per month.
- Sweets, Pastries, and Desserts. Ice cream, cookies, cakes, brownies, doughnuts, and candy all count. Treat yourself every-other-day or a total of 4 times per week.
- Butter and Stick Margarine. Ideal intake is less than 1 tablespoon a day.
- Cheese. Savor small portions, averaging 1 time per week.

It is not recommended that any food be completely eliminated. Instead, focus on one food at a time and choose small goals that practice new habits. For long-term success, make sure your substitutions are enjoyable and satisfying. Healthy and balanced food choices can taste good too!

[Reference found here.](#)

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



Royce Wolf Presents Piano Recital at Mayflower

On Tuesday, September 27th at 3:00pm, local well-known pianist, Royce Wolf, PhD, will be presenting a recital in the Kiesel Theatre. He will have previously performed a recital for Health Center and Beebe Assisted Living residents in our Carman Center on Tuesday, September 20th.

Royce will be playing Ives, Bartok, and Chopin. He will also be playing a modern set of variations on *Down By The Riverside*, composed by Rzewski.

Royce has taught Mathematics at Grinnell College since 1986. Musically, he has performed in many recitals, solo and as accompanist, on the Grinnell College campus at several near-by colleges. Royce is a member of The Prairie Jewels Dixieland Band, which has played the Mayflower many times.

An M.A. and Ph.D. graduate of the University of California—Berkeley, Royce studies spherical virtual knots, a concept defined and explored by his summer research students. Characterizing these knots relies on interplay between combinatorics, topology, and algebra.

-Leslie Jaworski, Community Life and Wellness Director



Jack Morrison Honored at Mayflower

After 38 years of building, remodeling, repairing, and “looking after the place,” Jack Morrison retired from The Mayflower Community last Friday, September 2nd. He served all of his years in the Facilities department and for most of his tenure, as Director of Facility Management.

Jack’s crowning achievement was likely the construction of the state-of-the-art Watertower Square apartment building completed in 2016. He served as owner’s representative and was intimately engaged in developing the 26 apartments from concept to completion. Each of the apartments was custom-designed for the first residents.

Jack now plans to spend time with family, especially the many activities of his seven grandchildren.

-Bob Mann, Mayflower Sales & Marketing Director

Poweshiek County Outdoor Warning Siren System Installation

In August of 2021 the Poweshiek County Emergency Management Agency was awarded a federal grant totaling \$414,060 for a new county-wide outdoor warning siren system, the first county-wide project in Iowa. These 15 all-new sirens will feature the latest technology in outdoor warning by providing omni-directional sound coverage, automatic activation and testing, backup power supply, and siren and system status feedback to a main control panel in the

Over the last year, several site visits, engineering studies, coverage mapping, manufacturing and procurement has taken place to ensure we provide the best and most complete system possible that will provide the most protection and warning to Poweshiek County.

Beginning the week of September 12th, Table Rock Alerting Systems of Table Rock Missouri will begin the installation phase of this project. Crews will be around the cities installing the new sirens. This process is expected to last for 3-4 weeks. During this time the regular weekly siren testing will be suspended, however, there may be times the sirens are “bump tested” as part of the installation process. Crews will attempt to keep this at a minimum, but it is a necessary part of the installation process.

In case of severe weather, the current sirens will still be able to activate for warning purposes. Emergency Management, Table Rock Alerting, and the National Weather Service will collaborate with one another to determine viability of installation on days any severe weather is forecast. Emergency Management will communicate with the cities and towns of when crews will be in your town doing the installs. We ask that you please refrain from calling dispatch to report hearing occasional sirens, and that you have multiple ways of receiving weather alerts (i.e., cell phones).

This grant award and new siren system is a direct result of the August 2020 derecho and two Poweshiek County lives lost during that storm-Chris Keller and Samantha Wierson. To honor them and their sacrifice, this new system will be named the Keller-Wierson Poweshiek County Outdoor Warning System. Their legacy of protecting and serving their communities will live on as sirens dedicated in their honor to protect and keep watch over the communities they served. Formal dedication of the system to the families of Chris Keller and Samantha Wierson will take place at a later date.

Resident News

Gene Wubbels Birthday Celebration

Joyce Wubbels invites you to a celebration event in honor of husband Gene's 80th birthday on Saturday, September 24th from 2:00 to 3:30pm in Mayflower's Buckley Dining Room.



Guidance Available for Selecting Medicare Prescription Drug Plans

As a local Senior Health Insurance Information Program-Senior Medicare Patrol (SHIIP-SMP) counselor and Mayflower resident, I am sharing information with you about the Medicare open enrollment period.

Between October 15th and December 7th, the annual open enrollment period, Medicare recipients can review and change their drug coverage plan for the coming year. SHIIP-SMP counselors can assist beneficiaries in determining if they are still in the best plan for 2023 or if it is to their benefit to make a change.

The program has a great track record for helping Iowans review their drug plans, making sure they are in the best plan, and saving money.

To schedule an appointment to review your current prescription drug plan, please call me at 641-990-8507 or email me at szarykathy@gmail.com. Feel free to have a family member, caregiver, or friend accompany you. Bring your Medicare card, prescription drug plan card, supplement and/or Medicare Advantage plan card, and prescription containers. Appointments are held on Mondays in the MRA Conference Room located in the Pearson building.

-Kathy Szary, SHIIP-SMP Counselor and Mayflower Resident

Mayflower Chapel Service Resumes



The Spiritual Life Committee of the Mayflower Residents Association presents biweekly Chapel Services: **2nd and 4th Tuesdays; 10:00-10:30am; Kiesel Theatre.**

The worship leaders for upcoming services are:

- September 27th. Rev. Anne Sunday, Retired United Church of Christ Pastor and Mayflower resident
- October 11th. Rev. Anthony Nieuwsma, Grinnell Friends Church Pastor
- October 25th. Rev. Eric Schubert, Grinnell United Methodist Church Pastor
- November 8th. Rev. John Noer, Retired United Church of Christ Pastor and Mayflower resident
- November 22nd. A special service remembering Mayflower residents who have died in the past liturgical year led by Rev. Anne Sunday and Dorothy Noer, Mayflower resident

Wanted: Volunteer musicians and persons willing to serve on the Mayflower Residents Association Spiritual Life Committee. If interested, please contact Dorothy Noer, Spiritual Life Committee Chair, at 712-420-1337 or email jdnoer@gmail.com.



Happenings at Grinnell College

Offering Two Wellness Classes

Announcement from Ben Coopriider, Grinnell College Assistant Athletic Director: Two classes will be held in the Multi-Purpose Dance Studio (P103) on the street level of the Natatorium side of the Bear Center. Started Tuesday, August 30th, the HIIT (High Intensity Interval Training) class will be held every Tuesday and Thursday from 4:30-5:15pm when classes are in session.

This high-energy class encompasses a mixture of both strength training and HIIT work. We will utilize mostly dumbbells and bodyweight exercises with a different format used each class. This class is good for all fitness levels, as modifiers are available.

And, on Fridays from 12:00noon-1:00pm, we will be offering a Yoga class, which is a breath-initiated practice that strings postures together into a yoga "flow". All levels welcomed.



Treasure Chest Notice and Plan

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.

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

Below are the upcoming virtual "trips."

September 22nd

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

September 29th

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

October 6th

- Taiwan
- Norway, Oslo
- U.S., New Mexico, Santa Fe

October 13th

- Arctic, People of The Ice
- Scotland, Edinburgh & The Highlands

October 20th

- U.S., Colorado & Utah
- Europe, Medieval

October 27th

- Greece, The Parthenon
- Mexico, Oaxaca



Saturdays, 2:00pm.

September 17th: *Downton Abbey: A New Era* (2022). The much-anticipated cinematic return of Downton Abbey follows the Crawleys and their staff as they welcome a movie crew and their glamorous stars to Downton for the filming of a new silent movie, while other members of the family go on a grand adventure to a villa in the south of France to uncover a mystery about the Dowager Countess and her past. With a screenplay by Julian Fellowes and starring the original cast alongside exciting new additions, *Downton Abbey: A New Era* is full of exuberant moments, excitement and humor, tears of joy and sadness, and new beginnings for all your favorite characters. 123 minutes. PG. English subtitles.

October 1: *American Underdog*, originally scheduled for September 24 will be shown instead October 1 in Kiesel Theater. There will be no movie on September 24 so that residents may attend the birthday party for Gene Wubbels.

Residents' Birthdays

Mary Grey on September 17th
Arloene Yungclas on September 17th
Nadine Brouwer on September 18th
Pam Gruhn on September 22nd
Kent McClelland on September 23rd
Shane Estes on September 24th
Janaan Swann on September 26th
Darwin Kinne on September 30th
Dick Vogel on September 30th
Dwight George on October 1st (101!)
Bob Cadmus on October 3rd

In Memoriam

John J. Buck
Date of Birth: September 2, 1925
Date of Passing: September 8, 2022

Informer Submission Deadlines

- Submission deadline is September 23rd for publication September 30th
- Submission deadline is October 7th for publication October 14th
- Submission deadline is October 21st for publication October 28th

Find more of *The Informer* online **here!**



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