

## The Informer

October 14, 2022  
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### Parade Viewing Time for Mayflower

On Thursday, September 29, residents and staff from The Mayflower Community attended Grinnell High School's downtown Homecoming Parade. Pictured from left

front row: Pat Groth, Terry the Tiger, Nadine Brouwer, and Helen Lippincott. Standing from left are Tracy Woolfolk, Mayflower Community Life and Wellness Coordinator, and Leslie Jaworski, Community Life and Wellness Director.

*-Leslie Jaworski, Community Life and Wellness Director*

### Mayflower Residents Get Vaccine Shots

On Friday, September 30<sup>th</sup>, approximately 160 independent living residents of The Mayflower Community received flu and COVID-19 vaccinations. Residents had their choice of receiving one of the vaccines or both, in the latter case, one in each arm.

Mayflower staff also received COVID-19 vaccinations as part of the clinic conducted by the Poweshiek County Public Health department on the Mayflower campus. Staff



members will receive their flu vaccinations during the week of October 10<sup>th</sup>.

In addition, all Health Center and Beebe Assisted Living residents without a doctor's excused exemption will receive both shots later.

The COVID-19 booster was the Pfizer-BioNTech bivalent. With the flu shot, recipients had the option of getting the high-dose version recommended for people 65 and older.

Doing everything we can to be safe at Mayflower.

*-Bob Mann, Sales & Marketing Director*



## MIND Diet: Food for Thought

Over the last eight months, Mayflower's Well-Being feature has introduced the MIND diet (Mediterranean-Dash Intervention for Neurodegenerative Delay). Shown to reduce the risk of cognitive decline and protect brain health, the MIND diet promotes a well-rounded variety of whole foods. To conclude this in-depth tour, here's a recap and summary:

### 10 Foods to Emphasize:

- Green Leafy Veggies: 1+ Servings Daily
- All Other Veggies: 1+ Servings Daily
- Berries: 2+ Servings weekly
- Tree Nuts: 5+ Servings Weekly
- Olive Oil: Daily as the Primary Kitchen Oil
- Fatty Fish: 1+ Servings Weekly
- Poultry: 2+ Servings weekly
- Whole Grains: 3+ Servings Daily
- Beans: 4+ Servings Weekly
- Red Wine: Up to 5 ounces Daily (Women) or Up to 10 ounces Daily (Men)

### 5 Foods to Reduce:

- Red and Processed Meats
- Fried Fast Food
- Sweets, Pastries, and Desserts



- Butter and Stick Margarine
- Cheese

As you build a MIND-ful plate, remember to “Eat the rainbow!” A colorful plate is a sure sign of nutrient density and variety. In other words....“Eat the Brain-bow!”

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

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## **Ride to Satellite Polling Place**

For the November 8<sup>th</sup> General Election, Grinnell’s Drake Community Library will offer early in-person voting. Friday, October 28<sup>th</sup>. 9:00am to 3:00pm.

For those wishing a ride, Mayflower resident, Sig Barber, has kindly volunteered to drive Lester the Bus that day for one trip picking up in the Beebe Circle at 1:00pm. There will be no Lester rides on the day of the election.

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## **Resident News**

### **Thank-You from Lyle Kuehl**

Mayflower resident, Lyle Kuehl, sends this note of appreciation: Thanks to all who remembered my birthday on October 4<sup>th</sup>. The cards, emails, greetings, flowers, and even a couple of cookies and piece of cake were all so appreciated. Mayflower is a piece of cake! Well, most of the time...and those are the times we treasure most. Love to all.

### **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 15<sup>th</sup> and December 7<sup>th</sup>, 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](mailto: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*



### **Grinnell Middle School Students Visit Mayflower Residents**

Recently, Grinnell Middle School Student Council members joined some Mayflower Community Health Center residents for games and conversation. 7<sup>th</sup> and 8<sup>th</sup> grade student counselor, Paula Simon, chaperoned and brought her therapy dog Ash.

*-Community Life and Wellness Department*

### **Mayflower Chapel Service Resumes**

# Worship

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

The worship leaders for upcoming services are:

- October 25<sup>th</sup>. Rev. Eric Schubert, Grinnell United Methodist



Church Pastor

- November 8<sup>th</sup>. Rev. John Noer, Retired United Church of Christ Pastor and Mayflower resident
- November 22<sup>nd</sup>. 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:** Persons willing to serve on the Mayflower Residents Association Spiritual Life Committee and volunteer musicians. If interested, please contact Dorothy Noer, Spiritual Life Committee Chair, at 712-420-1337 or email [jdnoer@gmail.com](mailto:jdnoer@gmail.com).

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Grinnell College

Happenings at Grinnell College

### LGBTQ+ Aging in Central Iowa Research Project and Survey

Kayley Rönkvist (she/her) is a fourth-year student at Grinnell College, leading a research project on LGBTQ+ Aging in rural central Iowa. Her photograph is attached. Kayley has worked at Mayflower over the last four years serving as the Adopt-A-Grandparent Program Coordinator and assisting with the development of Mayflower's online directory.

Kayley has been leading this project for two years under the mentorship of Dr. Karla Erickson, Professor of Sociology, and is currently serving as an Education Ambassador for the National Resource Center on LGBT Aging. As part of this research, Kayley has been working with Mayflower to learn more about community interest, needs, policies, and practices.

By Wednesday, October 19<sup>th</sup>, please complete the following survey, which should take about 10 minutes. You may remember completing a similar survey one year ago. This is the second part, which will be analyzed in conjunction with the 2021 survey. **Take the survey here.**

Please contact Kayley at [ronkvist@grinnell.edu](mailto:ronkvist@grinnell.edu) with any questions.

**Met Opera**  
*Live on Screen Harris Center Cinema*

October 22<sup>nd</sup>: *Medea*, Cherubini  
November 5<sup>th</sup>: *La Traviata*, Verdi  
December 10<sup>th</sup>: *The Hours*, Kevin Puts

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**Mayflower Hosts Alaska Visitors  
for the Lippincotts**

Helen and Dale Lippincott had special visitors on Monday, October 3<sup>rd</sup>. Family visited from Anchorage, Alaska! Great granddaughter, Ashlyn Paynter, gave a private recital on Mayflower's Carman Center grand piano. The family was in Grinnell to celebrate Helen's upcoming October 9<sup>th</sup> birthday.



Pictured with Dale and Helen (seated) are grandson Tom Paynter, wife Beth, and children Brandon and Ashlyn, all from Anchorage plus Dale's and Helen's daughter, Joyce Paynter from Cedar Rapids.

*-Leslie Jaworski, Community Life and Wellness Director*

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

Below are the upcoming virtual "trips."

**October 20<sup>th</sup>**

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

**October 27<sup>th</sup>**

- Greece, The Parthenon
- Mexico, Oaxaca





**October 15: *Divine Secrets of the Ya-Ya Sisterhood***

(2002). Neither New York playwright, Hilda Lee Walker, nor her eccentric Louisiana mother Vivi will take steps to mend the rift between them. The Ya-Yas, lifelong friends of Vivi, stage an unorthodox “intervention” to bring together mother and daughter in this warm adaptation of Rebecca Wells’ bestsellers. Sandra Bullock, Ellen Burstyn, Ashley Judd, James Garner, Fionnula Flanagan, Shirley Knight, Maggie Smith, and more. Powerful and funny. 116 minutes. PG-13. English subtitles.

**October 22: *Ace of Hearts*** (2008). Family adventure proving love and determination can make anything possible. Officer Dan Harding (Dean Cain) and canine partner Ace are the best duo on the police force, but that leaves little time for Dan’s family, including his 13-year-old daughter Julia (Britt McKillip). When Ace is falsely accused of a crime, Julia works to prove Ace’s innocence. Julia’s sleuthing skills combined with her unending faith and will to save Ace, aid the critical reconnection of her family. 100 minutes. PG. English subtitles

**October 29: *Amelia*** (2009). Based on the story of Amelia Earhart (Hilary Swank), the legendary American aviator who boldly flew in the annals of history. Richard Gere co-stars as charismatic business partner and adoring husband, George Putnam. Their enduring marriage could not be broken by Amelia’s determination to fly nor her passionate affair with Gere Vidal (Ewan McGregor). Equal parts gripping drama, stirring romance, and epic adventure. 111 minutes. PG. English subtitles.

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**Residents' Birthdays**

Margaret Rorvig on October 15<sup>th</sup> (102!)\*  
Judi Barber on October 16<sup>th</sup>  
Nadine Brouwer on October 18<sup>th</sup>  
Laird Keever on October 19<sup>th</sup>  
Ginny Cameron on October 19<sup>th</sup>  
Doris Cline on October 24<sup>th</sup>  
Kathy Locey on October 24<sup>th</sup>  
Martha Voyles on October 25<sup>th</sup>  
Bill Case on October 26<sup>th</sup>

Jean Wissmiller on October 26<sup>th</sup>  
Barbara Rosfjord on October 28<sup>th</sup>  
Christine Tinker on October 29<sup>th</sup>  
Bob Cadmus on October 30<sup>th</sup>  
Nancy Hendrickson on October 30<sup>th</sup>  
Sis Vogel on October 30<sup>th</sup>

\*927 – 1<sup>st</sup> Avenue #204, Grinnell IA 50112

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## Informer Submission Deadlines

- Submission deadline is October 21<sup>st</sup> for publication October 28<sup>th</sup>
- Submission deadline is November 4<sup>th</sup> for publication November 11<sup>th</sup>
- Submission deadline is November 18<sup>th</sup> for publication November 25<sup>h</sup>
- Submission deadline is December 2<sup>nd</sup> for publication December 9<sup>th</sup>

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616 Broad Street  
Grinnell, IA 50112  
(641) 236-6151  
[mayflowerhomes.com](http://mayflowerhomes.com)

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