

The Informer

December 23, 2022
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Merry Christmas!

Happy Holidays! Be sure to stay and warm this holiday season.

Cold Weather Caution

This will be one of the snowiest and coldest Christmas' we have experienced in years. As the frigid, snowy, and windy weather approaches, please keep in mind some basic precautions.

- Walk like a penguin. Be aware of your footing. Small steps. Hands out of pockets.
- Dress warmly—hands, head, and coat (not like a penguin in formal wear!)

If you park near the sidewalks:

- Be sure to park next to and not over curb, so staff can clean adjacent sidewalks.
- Move your car periodically, so that we can clear snow around it.

If your home heating unit is not performing, complete and file an **electronic work order** right away.

If you have home or building issues over the holidays call the after-hours Facility number here: **641-888-6753**.

Mayflower Well-Being

Well-Being activities and events continue in

Grinnell's Mayflower Community. Two "Lunch & Learns" have been hosted by Hannah O'Polka, CNS, FT, Well-Being Coordinator. In October, Dr. Darius Bradford, D.C. explained the range of available chiropractic services. Then, in November, Hannah presented, "Protein As We Age." Participants for each event each filled the Mayflower J&B Bistro.



Additional Lunch & Learns are in the Well-Being plans.

In addition, the regular classes of Senior Strength, Chair Yoga, TheraBand, and Tai Chi are offered one or two times each week. A resident in one of the classes observed recently, "Since starting the wellness program, I have had no aches or pains."

A fun activity followed a Senior Strength class on Friday, December 9th. Participants stayed on to "Deck Halls," decorating the Carman Center and enjoying refreshments. That space is used, not only for Well-Being classes, but for Lyceum entertainment, Mayflower Residents Association meetings, musical presentations, and other social events.

-Hannah O'Polka, Well-Being Coordinator

New Year's Eve at Mayflower

Saturday, December 31st

Buckley Dining Room Buffet

5:00pm

Menu: Spinach Artichoke

Dip. Bruschetta. Rubeen Egg

Rolls. Homemade Onion Rings. Glazed Meatballs. Mozzarella Sticks. Meat and Cheese. Pomegranate Mimosa. Beer.

\$12

Pick-up available. No delivery.

Reservations Required (641-236-6151 x216 or jstaroska@mayflowerhomes.com)



Kiesel Theatre Movie

6:00pm

De-Lovely. The Cole Porter story. Starring Kevin Kline with performances by Natalie Cole, Elvis Costello, Sheryl Crow, and Robbie Williams. PG-13. English subtitles. 122 minutes.

Champagne to follow

No charge. No reservations required.



60,000 Piece Puzzle Update

So, how is it going with the assembly of the 60,000-piece puzzle being managed by Mayflower resident, John Noer? You may recall that John purchased the *What A*

Wonderful World Dowdle jigsaw puzzle in November and issued a challenge to folks to help him put it together.

As of now, 15 couples or individuals have taken at least one bag of 1,000 pieces of the interconnected puzzle for assemblage. Those parties include John (6), Hannah O'Polka (5), Arnie Adelberg (4), Tom Groth (2), Emily Moore (2), Doug Brown, Cecelia Bagnoli, Jessica Hasenyager, Jackie Hutchison, Ann Igoe, Whitney Jensen, Georgia Langerud, Pat & Bonnie Lipton, Rich Murphy, and Karen Phillips.

Once a section is finished, it is glued together and delivered to John for storage in the Edwards Basement Craft Room.

When the 60 sections are completed and connected, the "largest puzzle in the world" will be eight feet by 29 feet and will feature 187 art studio paintings.

If you'd like to work on a 1,000-piece section, please contact John (712-431-6685 or johnnoer35@gmail.com).

-Bob Mann, Mayflower Sales & Marketing Director

Christmas Carolers

Christmas Carolers from the Central



Iowa Christian School (Grinnell) sing to residents in Mayflower's Health Center while Katie Hoisington listens.

Sharing Hanukkah at Mayflower

With Hanukkah being observed from Sunday, December 18th through Monday, December 26th, The Mayflower Community honored this high Jewish festival with two events on Friday, December 16th. Hanukkah reaffirms the ideals of Judaism and commemorates, in particular, the rededication of the Second Temple of Jerusalem by the lighting of candles on each day of the festival.



Our Zoom guest was Adam Hinden from Virginia, a friend of Mayflower Community Life and Wellness Coordinator, Cecelia Bagnoli. He shared the traditions his family celebrates during Hanukkah, including the lighting of the menorah, special foods, and the games they play. Adam answered residents' questions while bagels, cream cheese, and gelt (chocolate coins) were served.

In Beebe Assisted Living, residents talked with him for an hour. Then, Health Center residents enjoyed asking him questions and hearing his stories.

In addition, Health Center residents, Phyllis and Rudi Munitz, shared their Jewish family Hanukkah traditions, experiences, and symbols. Rudi displayed his grandfather's menorah and some symbols of the Jewish faith. Residents enjoyed listening and learning about the Jewish traditions. This was followed with a Hanukkah trivia game and music from the "Fiddler on the Roof" soundtrack. The party lasted for more than an hour and a half. It was well-attended and lots of fun.

-Leslie Jaworski, Community Life and Wellness Director

Upcoming Lyceums

**Thursday Evenings 7:00pm
Carman Center
Mayflower Residents Only**

December 29th – Too Many String Band

January 5th – “Blues and Ballads” (Gene Wubbels vocal & guitar)



Shults & Company Perform at Mayflower

On Thursday, December 15th, one of Grinnell’s most well-known musical groups, Shults & Company, performed for the weekly Mayflower Community Lyceum gathering. Led by retired music teacher and schools administrator, Frank Shults, the group is composed of local vocalists and instrumentalists. Included was pianist John Landkamer, Mayflower Harwich Terrace patio home resident. Shults & Company has been performing for charitable causes since 1995.

Mayflower’s Lyceum events are musical or educational presentations in the tradition of the ancient Greek facility where Aristotle established his institution for popular education, which provided discussion, lectures, and concerts. At Mayflower, programs are offered for residents every Thursday evening in the Carman Center.

-Leslie Jaworski, Community Life and Wellness Director

Changing Face of Worship at Mayflower

Beginning in January
2023, Grinnell’s

Mayflower Community will change the way it offers worship services to residents and guests. For many years, somewhat curtailed during the pandemic, Chapel services have been offered every Tuesday



morning. Led by local clergy or other persons of faith, the 30-minute service included a message, songs, and meditation or prayer.

As of the end of December, that methodology will change. The second to last service on December 13th was led by retired pastor and former Mayflower chaplain, Len Eberhart. The message was the presentation by the musical trio of pianist Joyce Wubbels, violinist Diane Eberhart, and guitarist and vocalist, Gene Wubbels. The Wubbels are Mayflower residents. All four participants are pictured.

Beginning the first week of January, Mayflower will offer Weekly Devotions on Tuesday mornings led by resident, Rev. Bonnie Lipton. This will be a devotional time of quiet reflection and focus on God. The gathering will be from 11:00 to 11:40am in the Mayflower Carman Center. Bonnie shares that, "There will be no homework!"

On Thursday, January 5th, resident, Rev. Anne Sunday, will lead the first Bible study. Meeting from 11:00 to 11:40am on Thursdays in the Mayflower Buckley Dining Anchor Room, the group will be an informal discussion and time of contemplation about various Bible passages following the "New Common Lectionary." Always, the objective will be to answer the question, "How does this passage connect to my life?"

Founded in 1950 as a ministry of the Congregational Church (now the United Church of Christ), The Mayflower Community was initially established to provide "home" for retired clergy who could not afford their own housing when having to vacate parsonages. Times have changed, but the mission is the same: To provide a vibrant, purposeful, and compassionate community of older adults." Still affiliated with the United Church of Christ, The Mayflower Community is an ecumenical community where all faith values are honored.

Last Chapel

Beginning in January, there will be no more formal Chapel Services at Mayflower. Therefore, the last one currently scheduled will be on Tuesday, December 27th at 10:00am in the Kiesel Theatre. Rev. Linda Myren, resident and pastor of the Gilman United Church of Christ, will be leading worship. Refreshments will follow.

-Dorothy Noer, Out-Going Spiritual Life Committee Chair



Mayflower Residents Association

Mayflower Residents Association Town Meeting

A large number Mayflower Community residents met on Monday, December 12th, for a regular Mayflower Residents Association (MRA) Town Meeting in the Carman Center. Eleven 2022 Annual Reports were presented by MRA standing committees. Officers were elected for 2023 and Committee members were approved. An MRA contribution to the purchase of new seats for the Kiesel Theatre was approved. In addition, Mayflower leadership staff presented information and answered questions.

Officers elected to serve in 2023 are Jack Mutti, Past President; Gerry Guenther, President; Bonnie Lipton, President-Elect; Jeananne Schild, Secretary; Martha Voyles, Assistant Secretary; Gene Herman, Treasurer; JoAnn Britton, Assistant Treasurer; and Char Ewan, Historian.

Committee chairs include Gene Wubbels, Audio-Visual; Gerry Guenther, Events; Kent McClelland, Green Team; Jack Mutti, Information Resources; Mary Smith, Library; Patty Johnson, *Log*; Tommy Haas, Memorial; Kathy Herman, Nominating; Dorothy Noer, Social; Pat Lipton, Spiritual Life; Doug and Ginny Cameron, Treasure Chest; and Deb VanArkel, Welcome Home.

MRA information is available to Mayflower residents in the “Residents Only” portal on **Mayflower’s website**.

-Bob Mann, Mayflower Sales & Marketing Director

MRA January Forum
Tuesday, January 10th. 2:00-3:30pm. Kiesel Theatre

Four Giants of the 20th Century
By Ed Van Gorder

At the next Mayflower Residents Association monthly Forum, Ed Van Gorder, PhD, a grandson of Grinnell legend, Henry Spaulding, will be the speaker. He will share his long-standing interest in the life histories and religious views of four legendary people: Albert Einstein; Helen Keller; Martin Luther King, Jr.; and Albert Schweitzer.

Dr. Van Gorder explored his doctoral minor field in the Department of Philosophy at Stanford University. After serving as superintendent of K-12 schools, Ed concluded his career by teaching for twenty-five years at Hawaii Pacific University in Honolulu, where he was an Associate Professor of Management and Mathematics and served two terms as President of the University Senate.

Dr. Van Gorder explains his presentation with this quote, “I intend to describe the faith of four twentieth century giants. Because of their demonstrated character, intelligence, and accomplishment, each of the four I have selected is highly regarded within the historical community. Each has written and published multiple volumes. Each has had multiple volumes written and published about them. Three received a Nobel Prize. On what do these four disagree? On what do they agree? Is there a trend?”

Time for another round of “life-long learning” at Mayflower.

-Gerry Guenther, Forum Committee

“Life Around Town” Added to Website

The Mayflower Community website has been recently updated to include internet contacts for numerous Grinnell area organizations. Located under the “Grinnell Area” tab on the home page of our website, is a listing of sources of information about many

organizations. For example, the Drake Community Library is listed which allows you to search for books, DVDs, and CDs, as well as renew articles that you have checked out. Ever need to search for an internet address? No problem, just [go to our website and click on the entity listed at "Grinnell Area."](#)

-Bob Mann, Mayflower Sales & Marketing Director

Available Mayflower Homes

Traditional Apartments

- Buckley #207. 1,027 sq.ft. One bedroom + den. 1½ baths. All LVP flooring. Extra storage. Two balcony doors/long balcony. \$76,750
- Altemeier #105. 892 sq.ft. One bedroom/one bath. Large great room. Kitchen dining space. Washer/dryer. Two exposures. \$67,750
- Buckley #218. 887 sq.ft. One bedroom. 1½ baths. Office. LVP flooring. \$77,900
- Edwards #1. 732 sq.ft.. One-bedroom. All LVP flooring. Open living room/kitchen. Washer/dryer. Outside deck. \$64,500
- Buckley #201. 681 sq.ft. Two-bedroom/one bath. Balcony. \$64,750
- Pearson #213. 600 sq.ft. One-bedroom. All LVP flooring. \$48,250
- Pearson #212. 600 sq.ft. One-bedroom. All LVP flooring. Open kitchen. \$45,500
- Buckley #202. 592 sq.ft. One-bedroom/one bath. Outside door/balcony over Buckley courtyard. Four closets. \$55,250
- Altemeier #102. 558 sq.ft. One-bedroom. LVP flooring in living room/kitchen. Being remodeled. \$41,750
- Buckley #213. 498 sq.ft. Studio. Balcony. East windows. \$38,500

Watertower Square Apartment

- #204. Sold.
- #301. Sold.

Harwich Terrace Patio Homes

- 725 Park Street. Sold
- 630 Park Street. Sold

Note: "LVP flooring" is luxury vinyl wood floor plank or tile. Waterproof. Durable.

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



Below are the upcoming virtual "trips."

December 29th

- Uzbekistan
- Spain, Granada, Cordoba & Costa del Sol
- Peru, Lima

January 5th

- U.S., Washington, Mt. St. Helens
- U.S., Texas, Sawgrass Trail Ride

January 12th

- No "trips"

January 19th

- U.S., Missouri, Sacajawea
- South Africa, Cape Town

January 26th

- France, River Cruising
- U.S., New England Ghosts

-Shane Estes, Resident

Kiesel Theatre Movie
Saturdays, 2:00pm.

January 7th: *Letters to Juliet* (2010). In Verona, Italy (the beautiful city where Romeo first met Juliet), there is a place where the heartbroken leave notes asking Juliet for her help. It's there that aspiring writer Sophie finds a 50-year-old letter that will change her life forever. As she sets off on a romantic journey of the heart with the letter's author Claire, now a grandmother, and her handsome grandson, all three discover that sometimes the greatest love story ever told is your own. PG. English subtitles. 105 minutes.

January 14th: *The Iron Lady* (2020). Oscar-winning Meryl Streep delivers the definitive portrayal of Margaret Thatcher, the enigmatic, highly controversial figure who became the first and only female

Prime Minister of England. A biographical epic, this is also the surprisingly intimate journey of a “common” grocer’s daughter whose social ambition and steel will, along with the love of her husband and confidant, propelled her to unprecedented power in a world dominated by men. PG-13. English subtitles. 105 minutes.

January 21st: *Hello Dolly* (1969). In turn-of-the century Yonkers, New York, an ambitious young widow with a penchant for matchmaking (Barbra Streisand) has an idea for the perfect match: tight-fisted, local merchant Horace Vandergelder (Walter Matthau), and herself! As she tries to win his heart, we’re treated to one of the most musically entertaining, hilariously underhanded plots in film history. G. English subtitles. 2 hrs/28 min.

January 25th: *Same Time Next Year* (1978). Oscar-winner Ellen Burstyn and the ever-popular Alan Alda star in this sweet romantic comedy tracing the unique 26-year relationship between two people who happen to be married to other people. When Doris (Burstyn), a young housewife from Oakland, and George (Alda), an accountant from New Jersey, meet by chance at a rural California inn, they embark on an affair that brings them together on the same weekend, in the same place, for the next 26 years. As time passes, events in their personal lives impact their special once-a-year romance in this heartwarming comedy. PG. English subtitles. 2 hours.

Residents' Birthdays

Betty Anne Francis on December 24th
Becky Neal on December 28th
Marie Cumerford Munyon on January 1st
Gail Smith on January 5th
Merle Zirkle on January 5th
Paul Torno on January 6th
Sue Dimit on January 7th
Marvel LaCasse on January 8th

Informer Publication Schedule

Submission deadline: December 30th for publication January 6th

Find more of *The Informer* online [here!](#)



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**Mayflower
Information**



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