

## The Informer

December 9, 2022  
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### New Dessert Treat at Mayflower

Beginning Monday, December 12<sup>th</sup>, our Foodservices bakers will be offering a new dessert from the Buckley Kitchen: a large, warm cast-iron skillet chocolate chip cookie or brownie served with vanilla ice cream and topped with chocolate syrup. The cost of this dessert will be \$5.00. It will be created to be shared...if you really want to!

The skillet cookie and brownie will be available all day long, seven days a week in the Buckley Dining Room. Order whenever you would like.

The cookie or brownie will be available for service only in the Buckley Dining Room. No delivery or pick-up.

*-Jacob Staroska, Foodservices Supervisor*

### MIND Diet: Food for Thought

Festive foods play a major role in holiday celebrations. It truly is the most wonderful time of the year for rich meats, savory sauces, creamy sides, sparkling sips, and sweet treats galore! These special foods should be fully savored and enjoyed.

At the same time, many people feel uncertain



about what it means to “eat well” this time of year. Some are managing health conditions like diabetes or weight concerns. Others experience uncomfortable physical symptoms with overindulgence. Balancing individual health goals with celebration can be difficult

There is no “one-size-fits-all” answer to achieving this balance. A helpful starting place is to think strategically about your answers to the following questions.

1. What are my favorite seasonal foods? Eat and enjoy these!
2. What foods (seasonal or not) do I feel indifferent about eating? Skip these. Don't feel that you must eat everything on the table, especially if you won't miss it.

Other strategies to consider:

1. Tune in with hunger-fullness cues. Eat when you feel hungry. Stop when you feel satisfied. (Satisfaction is a more subtle feeling that precedes fullness).
2. Eat special treats in a setting that allows you to fully savor and enjoy the food. Avoid eating while distracted or multi-tasking.
3. Enjoy the relational reconnections that happen across the table. Food is only one aspect of the season's celebrations.

Wishing you a blessed holiday season!

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

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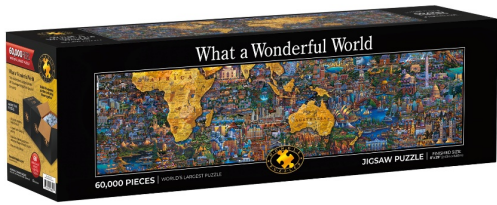
### **Mayflower Residents Get Lit Up**

Before the weather turned cold and windy recently, Mayflower Community's Community Life and Wellness staff accompanied Health Center residents on a tour of Mayflower's and Grinnell's Christmas lights. We are fortunate in Grinnell to live next door to the beautiful, recently-renovated Central Park now dressed up by volunteers for the holidays.

Pictured from left are Helen Lipincott, Wilma Graden, and John Saxton.



## Puzzle This, Puzzlers: 60,000 Pieces!



John Noer, Mayflower resident and master puzzler has taken on another challenge. He has purchased and distributed sections of the Dowdle (Lindon, Utah) “largest puzzle in the world.”

This mammoth bluechip cardboard art, jigsaw puzzle, *What A Wonderful World*, comes in 60 1,000-piece sections. When complete, the eight-foot by 29-foot masterpiece will feature 187 art studio paintings. The 60 sections fully interlock into the one big puzzle.

To date, 12 different puzzlers have taken 16 of the sections. John has completed four. Arnie Adelberg and Tom Groth of Minneapolis have taken two each. Others taking sections include Doug Brown, Jessica Hasenyager, Dr. Whitney Jensen, Georgia Langerud, Pat and Bonnie Lipton, Emily Moore, Hannah O’Polka and Health Center staff, and Karen and Ed Phillips.

John is seeking four more puzzlers for the final sections. If you recall, John is the craftsman who oversaw the completion of a 40,000-piece Disney characters puzzle a couple of years ago. He is seeking a home for hanging the completed 60,000-piece. If you are interested in getting involved, contact John (712-431-6685 or [johnnoer35@gmail.com](mailto:johnnoer35@gmail.com)).

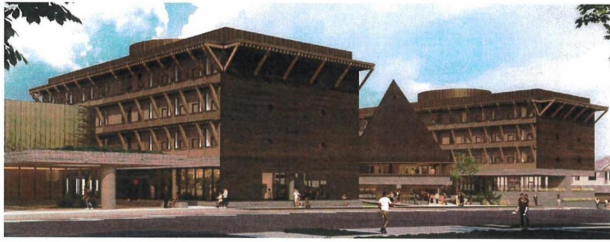
-Bob Mann, Mayflower Sales & Marketing Director

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## Help Decorate the Carman Center

On Friday, December 9<sup>th</sup> at 11:00am (today!), residents are encouraged to join in the decorating the Carman Center for the holidays. Come enjoy a social hour with music, cocoa, coffee, and cookies. You are welcome to bring any extra decorations or to use

what we have.



CEQ Core  
View to the northwest from Broad Street

## MRA December Forum

### Connecting Campus and Community: Grinnell College's New Civic Engagement Quad (CEQ)

Grinnell College staff, Sarah Smith and Rick Whitney will be presenters for December's monthly Forum. Tuesday, December 13<sup>th</sup>. 2:00-3:30pm. Kiesel Theatre.

Sarah is the College's Director of Outreach Programming and Events, and Rick is the Assistant Vice President for Facilities Management.

The Civic Engagement Quad is now under construction on Broad Street. The structure is designed by Adjaye Associates, the firm of Ghanaian-British architect, Sir David Adjaye OBE, whose works include the National Museum of African American History & Culture (Washington, DC), the Nobel Peace Center (Oslo, Norway), the UK Holocaust Memorial & Learning Center (London, UK), and the National Cathedral of Ghana.

Sarah and Rick will show drawings and plans for the new building and explain how the building intends to engage community and College in a hopeful discussion about the future. There will be time for questions as well as comments on other projects now underway at Grinnell College.

*-Dan Kaiser, Forum Committee*

### **Grinnell College Scholarship Award Established in Honor of Harold Kasimow, PhD**

Mayflower resident, Dr. Kasimow, has been recognized with the establishment of the Harold Kasimow Internship for Interfaith Dialogue Endowed Fund. Dr. Kasimow is the George Drake Professor Emeritus of Religious Studies. For more information, [click here.](#)

## Mayflower Prelude to Christmas Dinner

Residents and guests of The Mayflower Community celebrated the annual Prelude to Christmas Dinner in the Buckley Dining Room on Thursday evening, December 8<sup>th</sup>. The Menu consisted of a social hour and four courses:



- Roasted Beetroot and Goat Cheese Crostini
- Spiced Pear and Bacon Salad
- Beef Bourguignon, Roasted Vegetable, and Brussel Sprouts and Pomegranate
- Yule Log (chocolate sponge cake roll with creamy filling and a chocolate frosting)

### MRA Meetings and Reports

On November 11<sup>th</sup>, the Mayflower Residents Association Council meet to discuss 2022 activities and plans for 2023. Minutes and a financial report from that meeting and standing committee reports may be found on Mayflower's website in the "Residents Only" portal.

The next MRA meeting will be the **TOWN MEETING**, which will be held on Monday, December 12<sup>th</sup> at 2:00pm in Mayflower's Carman Center.

Discussion will include MRA activities and plans and election of officers as well as reports from Mayflower's administrative staff.

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### *Lyceums*

#### Mayflower Lyceums Are Back!



A long-standing tradition in The Mayflower Community prior to the pandemic was the presentation of various types of entertainment on Thursday evenings in the Carman Center. These gatherings, hosted by a Mayflower Residents Association standing committee, were called "Lyceums."

Pandemic precautions caused the Carman to be closed to all but

Health Center and Beebe Assisted Living residents and for Mayflower group gatherings, in general, to be suspended.

Effective yesterday (Thursday, December 8<sup>th</sup>), Lyceums have resumed. The first presentation was Fresh Flutes, a Grinnell College small ensemble directed by Claudia Anderson, Applied Music Associate Director. The group presented a repertoire of various musical styles and eras with multiple flutes.

Plans have now been made to once again present programs on Thursdays at 7:00pm in the Carman Center. At this time, only Mayflower residents—independent living, Beebe Assisted Living, and Health Center—will be allowed to attend.

The next two performances will be Shults & Company on December 15<sup>th</sup> and a Christmas carol sing-along on December 22<sup>nd</sup>.

*-Leslie Jaworski, Community Life and Wellness Director*

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## Mayflower Chapel Service Resumes

## Worship

The Spiritual Life Committee of the Mayflower Residents Association will present two more Chapel Services: **10:00-10:30am; Kiesel Theatre.**

The worship leaders for upcoming services are:

- **December 13<sup>th</sup>**. A musical trio: Diane Eberhard, violin; Joyce Wubbels, piano; and Gene Wubbels, guitar and vocal. Joyce and Gene are Mayflower residents, and Diane is a Mayflower friend. Refreshments to follow.
- **December 27<sup>th</sup>**. Rev. Linda Myren, resident and pastor of Gilman United Church of Christ. Refreshments to follow.

## 2023 Mayflower Worship Opportunities

The Mayflower Residents Association Spiritual Life Committee announces that beginning the first week of January 2023, Mayflower worship and devotions will be available as follows:

- Weekly Devotions. Tuesdays. 11:00 – 11:40am. Kiesel Theatre. Begins January 3<sup>rd</sup>. Leader: Rev. Bonnie Lipton. No registration required.
- Weekly Bible Study. Thursdays. 11:00 – 11:40am. Buckley Dining Room Anchor (north end). Begins January 5<sup>th</sup>. Leader: Rev. Anne Sunday. Please wear a nametag. Please sign up with her at 319-290-9171 or [revsunday1@yahoo.com](mailto:revsunday1@yahoo.com).

-Pat Lipton, MRA Spiritual Life Committee Chair



## Happenings at Grinnell College

### Met Opera

*Live on Screen Harris Center Cinema*

December 10<sup>th</sup>: *The Hours*, Kevin Puts

### Treasure Chest Display: White House Christmas Tree Ornaments

On display for the month of December, in the Mayflower Residents Association Treasure Chest is a complete collection of White House Christmas ornaments. This curio cabinet is located in the lobby of the Mayflower Pearson building.

In 1981 the White House Historical Association issued its first Christmas ornament. In 1983 the association's board of directors approved a proposal to create a series of annual ornaments that would represent each of the presidents of the United States. Thus, the tradition began, growing in 1989 to include special ornaments designed to celebrate significant events in White House history.



Montie and Suzanne Redenius started collecting ornaments in 1981. The collection is complete through 2022, including a commemorative, all-white ornament. The 2019 ornament is the

Presidential helicopter sitting on the shelf and it honors President Dwight D. Eisenhower.

**[More information about the ornaments and how to purchase them can be found here.](#)**

For information about the Treasure Chest, contact Doug or Ginny Cameron (236-4544), **cameronv641@gmail.com** or Janis Peak (236-8993).

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## Poem

### Pop-Up Concert

During the Covid shut-down  
When we couldn't play for an indoor crowd,  
We who love music did pop-ups!  
We played neath the patio cloud.

One day, Dave would pull his things  
From his truck and set up the mike.  
A couple would play another day,  
Cheered on by the guy on the bike.

Then one day John played his horn at three,  
Like it was being played far and wide.  
And next we added my tenor sax.  
I stood while John sat at my side.

We played lots of music that old folks know:  
Songs from the 50's and hymns from the past.  
Sun on our shoulders, not a cloud in the sky.  
We saw folks on their decks to the last!

The little waterfalls and the little koi fish  
Were perfect as an outdoor stage!  
We just held the sax and the baritone horn;  
No sheet music—not even a page!

*Pasha Buck, Resident*

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



Below are the upcoming virtual "trips."

### December 15<sup>th</sup>

- Kit Carson
- U.S., Florida, Palm Beach

### December 22<sup>nd</sup>

- Bermuda
- U.S., Tennessee, Cherokees

### December 29<sup>th</sup>

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



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## Kiesel Theatre Movie Saturdays, 2:00pm.

**December 10<sup>th</sup>:** *The Call of the Wild* (2020). John Thornton rescues a large gentle St. Bernard named Buck. The two bond over their daily activities of fishing and gold panning, all while being chased by a ruthless man bent on getting Buck to be a sled dog for him. PG. English subtitles. 90 minutes.

**December 17<sup>th</sup>:** *White Christmas* (1954). This is a treasury of Irving Berlin classics, among them "Count Your Blessings Instead of Sleep," "Sisters," "Mandy," and the beloved holiday song, "White Christmas." Two talented song-and-dance men (Bing Crosby and Danny Kaye) team up after the war to become one of the hottest acts in show business. One winter they join forces with a sister act (Rosemary Clooney and Vera-Ellen) and trek to Vermont for a white Christmas. Of course, there's the requisite fun with the ladies, but the real adventure starts when Crosby & Kaye discover that their inn is run by their old army general who's now in financial trouble. Not rated. English subtitles. 120 min.

**December 31<sup>st</sup>, 6:00pm:** *De-Lovely* (2004). The Cole Porter Story. This cinematic ode to legendary composer, Cole Porter, is buoyantly fun and heartbreakingly beautiful. Kevin Kline is perfection as the elegant and deeply-complex Porter in a film that offers performances from Natalie Cole, Elvis Costello, Sheryl Crow, Diana Krall, Alanis Morissette, and Robbie Williams. Melancholy,

wit, and style to burn. From Paris to Venice to Broadway to Hollywood, the lives of Cole and Linda (Ashley Judd) Porter were never less than glamorous and unconventional. Though Cole's thirst for life strained their marriage, Linda never stopped being his muse, inspiring some of the greatest songs of the twentieth century. PG-13. English subtitles. 122 minutes.

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## Residents' Birthdays

Bob Myren on December 14<sup>th</sup>  
Judy Nehring on December 14<sup>th</sup>  
Marge Graves on December 16<sup>th</sup>  
Lorna Caulkins on December 17<sup>th</sup>  
Gerry Adams on December 20<sup>th</sup>  
Jenny Erickson on December 21<sup>st</sup>  
Betty Anne Francis on December 24<sup>th</sup>

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## Informer Publication Schedule

Submission deadline: December 16<sup>th</sup> for publication December 23<sup>rd</sup>  
Submission deadline: December 30<sup>th</sup> for publication January 6<sup>th</sup>

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



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Mayflower  
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