

## The Informer

February 3, 2023  
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### Mayflower Beebe Book Club Celebrates

On Wednesday, January 18<sup>th</sup>, the Beebe Assisted Living Book Club dined on Paul Newman's favorite meal as they celebrated the completion of the reading of Newman's memoir. "The Extraordinary Life of An Ordinary Man" was read and discussed in hourly Wednesday and Thursday resident sessions over several weeks.



Pictured are, from left, Alice Breemer; Cecelia Bagnoli, Mayflower Community Life Coordinator; Gene Rohr; and Deena Wellborn.

According to the *New York Times*, the posthumous memoir is an autobiography/biography, which "...reveals Paul Newman in his own words compiled from interviews he gave to a close friend. [The book] sheds light on the self-doubt of the seemingly imperturbable Hollywood star."

Dining in Mayflower's J&B Bistro, Beebe Book Club members enjoyed a delicious dinner, which included dessert and wine. The full menu included of a butterhead lettuce salad with carrots, onion, tomato, bacon, vinegar, and oil. The entrée was the "Newman Burger," a ground chuck burger with salsa, tomato, onion, and dill pickles served with homemade French fries.

Created and served by Mayflower's Foodservices staff, the event, according to Cecelia Bagnoli, Mayflower Community Life Coordinator, "...helped us celebrate our completion of Paul

Newman's memoir with a delicious meal and fun conversation. The rum ice cream was a crowd-pleaser!"

Oh, the fun just doesn't stop at Mayflower!

*-Bob Mann, Mayflower Sales & Marketing Director*



### No Valentine? No problem.

Here's a few ways you can spread love, and show yourself some love this Valentine's Day.

Dinner doesn't have to be for dates! If you find yourself solo on Valentine's Day, take yourself out. If

the idea of dining solo sounds scary, consider inviting a friend or relative to dine with you. Make sure to make reservations so you don't find yourself without a place to go! If you feel like staying in, cook yourself a nice dinner (or enjoy Mayflower's offerings!) and pair with a glass of your favorite wine. Don't forget dessert!

Give out compliments like candy. (Oh, you *can* also give out candy!) Spread the love to your friends and neighbors. Better yet, give compliments that *aren't* related to someone's appearance. Some examples would be: "Your loyal friendship really means a lot to me!" "I love hearing your laugh down the hall; it brightens my day knowing you're happy!"

Do you like receiving flowers? Or chocolates? Or a kind note? Give yourself all of those! Order your own flower bouquet. Buy your favorite chocolates. Write a list about your favorite things about yourself.

Spread the love to a charity or your favorite cause. **[Donate funds or food to your local pet shelter.](#)** Donate already-read books to the Pearson Library or take them to a local school. **[Sign up to be an organ donor.](#)** Donate clothes and supplies to a homeless or trafficking shelter.

Dance! Dancing and exercise movement is shown to boost serotonin levels. Put on your favorite music and bust out your favorite dance moves. Don't worry...no one is watching. Unless you invite them to!

## Lyceums



### February Lyceum Programs Thursday Evenings, 7:00pm Carman Center Mayflower Residents Only

- February 9<sup>th</sup>: Ryan Dahlby Albright, M.D. Rock 'n Roll acoustic guitar.
- February 14<sup>th</sup>: Valentine's Day Dinner in Buckley Dining Room. Story Circle. Harriet Adelberg, hosting.
- February 16<sup>th</sup>: Fred Buck and the Grasshoppers.
- February 23<sup>rd</sup>: Kent Mick. Original blues and rock compositions.

*-Bob Butterfield, Events Committee Chair*



### Story Circle Valentine's Day Dinner Tuesday, February 14, 2023. 5:15pm Buckley Dining Room Residents' Guests Welcome

A Valentine's Day Dinner and Story Circle will be offered by the MRA Events Committee on Tuesday, February 14<sup>th</sup>. This will be a special Lyceum offering as it will not be a Thursday evening.

The theme will be "Show and Tell for Grown-Ups." Participants are encouraged to bring an object that has special meaning and share their story if they wish. Stories should be limited to five (5) minutes. Story-tellers are asked to contact Harriet Adelberg in advance, as she will be coordinating events that evening. Everyone is welcome to tell a story at the dinner, even if they think of something

at the last minute.

Harriet's contact information is [haadelberg7@gmail.com](mailto:haadelberg7@gmail.com) or 641-236-3433.

The Valentine's Day Dinner menu will be:

- Cheese Herbed Choux Pastry (classic delicate dough pastry with cream cheese, herbs, and garlic)
- Roasted Tomato and Mozzarella Salad (roasted tomatoes with fresh mozzarella, cashews, basil, and a lemon olive oil)
- Shrimp Ravioli or Three-Cheese Ravioli (homemade ravioli, both served with a cream sauce, bacon, and pesto served with fresh bread)
- Panna Cotta (a vanilla molded sweetened cream thickened with gelatin served with a blueberry sauce and diced strawberry)
- One Glass of Wine (additional servings available for a charge)

Dinner reservations required by Saturday, February 11<sup>th</sup>, 12:00noon (641-236-6151 x216 or [jstaroska@mayflowerhomes.com](mailto:jstaroska@mayflowerhomes.com)). \$14 for meal.

*-Bob Butterfield, Events Committee Chair and  
-Jacob Staroska, Foodservices Supervisor*

## Recent Mayflower Lyceum Programs

Late in December and early in January, 2023, a couple of Mayflower Residents Association Lyceum programs were offered and well-attended by Mayflower Community residents.



On December 29<sup>th</sup>, Grinnell's beloved Too Many String Band, played for the Thursday night event. They presented a mix of popular tunes and some original creations. Members pictured include a front-row of Mayflower residents. From left, Sig Barber, Sandy Moffett, Betty Moffett, and Bob Cadmus. Behind them, on drums, is Hugh Sheridan and Tom Lacina on guitar.

Why "Too Many String Band" with "string" being singular? Simple. They are a string band and at times they wonder if

there are too many of them to stay in tune!



On January 19<sup>th</sup>, four Mayflower residents read poetry at the Lyceum. Some were their original pieces, some were others' originals, and some were published poetry.

Pictured from left: Sandy Moffett, Betty Moffett, Chris Hunter, Judy

Hunter

Why poetry? According to Judy, “Well, to be honest, I tend to read much more fiction and non-fiction than poetry. I think I write poems because they are shorter, and the forms offer more guidance than I get when I try to write fiction.”

“For example, in one of the poems I read the other night, ‘The Toddler Meets the Sea,’ I was imitating the rhyme scheme and metrical pattern of Robert Frost’s ‘Stopping By Woods on a Snowy Evening.’

Betty Moffett mused about the evening, “I was honored to read two of [resident] Pasha Buck’s poems. I especially liked the one about energy. I also read the lyrics from a song I wrote, ‘Nothing But Sky,’ and sang another of my songs, ‘Golden Iowa.’ I chose these two because they’re about this beautiful state we live in. (I don’t think most song lyrics—certainly not mine—deserve the title of serious poetry, but they’re as close as I can come.”

Thursday nights in Mayflower’s Carman Center...It’s titillating.

*-Bob Mann, Mayflower Sales & Marketing Director*



## Gaming with GMS Students

Want to know what is one of the keys to successful aging? Easy. Spend as much time as you can with young people. Grinnell Middle School Counselor, Paula Simon, has made this happen for

Mayflower Community Health Center residents during this school year. Recently, she brought another group of Middle Schoolers to spend time playing games. Paula's and the Middle School's gift is much appreciated by Mayflower.

*-Bob Mann, Mayflower Sales & Marketing Director*

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**MRA February Forum**  
**Tuesday, February 14th. 2:00-**  
**3:30pm. Kiesel Theatre**

**The Red Earth People: Change and Persistence Among the Meskwaki**  
**By Jonathan Andelson, PhD**



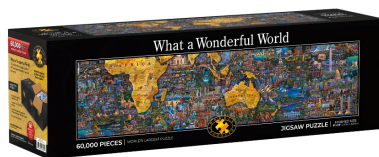
At the next Mayflower Residents Association monthly Forum, Grinnell College Professor of Social Science, Jonathan Andelson, PhD, will present some of his findings of the study of the Meskwaki.

Jonathan has taught anthropology at Grinnell College since 1974. He is founding director emeritus of the College's Center for Prairie Studies. His areas of scholarly interest are Intentional Communities (particularly the Amana Colonies), Prairie Studies, and the links between Religion and Ecology. He is married to Karin Stein. In his spare time, he enjoys prairie rambles, music, reading, and spoon carving.

*-Gerry Guenther, Forum Committee*

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**Status of 60,000 Piece Puzzle**  
*As of January 27, 2023*



“What a Wonderful World” by Dowdle.

Master Puzzler and Owner: John Noer (712-431-6685 or [johnnoer35@gmail.com](mailto:johnnoer35@gmail.com))

Work Started: November 2022

Puzzlers: John Noer (11). Arnie Adelberg (4). Cecelia Bagnoli. Doug Brown (2) Jeanette Budding. Tom Groth (4). Lyle Kuehl and daughter

Donna Kuehl-Forde and family. Jessica Hasenyager. Jackie Hutchison. Ann Igoe. Dr. Whitney Jensen (2). Georgia Langerud (3). Pat/Bonnie Lipton (2). Emily Moore (2). Rich Murphy (5). Hannah O'Polka (5). Karen Phillips. Megan Veldboom.

That's 19 family units working on or having completed sections. 40 of the 60 sections have been completed. 12 are in process. Eight are still awaiting assignment. Getting close!

*-Bob Mann, Mayflower Sales & Marketing Director*

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



Below are the upcoming virtual "trips."

**February 9<sup>th</sup>**

Spain, Andalucia, Gibraltar & Tangier

**February 16<sup>th</sup>**

Mexico, Riviera

Czech Republic, Prague

U.S., California, Sacramento Baseball

**February 23<sup>rd</sup>**

England, Stonehenge

The Story of Thanksgiving

*-Shane Estes, Resident*



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

**February 4<sup>th</sup>: Bonhoeffer, *Agent of Grace*** (2003). What is a moral person to do in a time of savage immorality? That question tormented Dietrich Bonhoeffer, a German clergyman of great distinction who actively opposed Hitler and the Nazis. His convictions cost him his life. This film sheds light on the little-known efforts of the German resistance. It brings to the audience the heroic

rebellion of this highly regarded Lutheran minister who could have kept his peace and saved his life. Instead he paid the ultimate price for his beliefs. Not rated. English subtitles. 90 minutes.

**February 11<sup>th</sup>: *Roman Holiday* (1953).** The film was nominated for 10 Academy Awards, and Audrey Hepburn captured an Oscar for her portrayal of a modern-day princess rebelling against her royal obligations to explore Rome on her own. She meets Gregory Peck, an American newspaperman who, seeking an exclusive story pretends ignorance of her true identity. G. English subtitles. 118 minutes.

**February 18<sup>th</sup>: *Some Like It Hot* (1959).** When Chicago musicians Joe (Tony Curtis) and Jerry (Jack Lemmon) accidentally witness a gangland shooting, they quickly board a southbound train to Florida, disguised as Josephine and Daphne, the two newest—and homeliest—members of an all-girl jazz band. Their cover is perfect until a lovelorn singer (Marilyn Monroe) falls for “Josephine”. An ancient playboy falls for “Daphne”, and a mob boss (George Raft) refuses to fall for their hoax! Black and white. Not rated. No subtitles. 122 minutes.

**February 25<sup>th</sup>: *The White Countess* (2005).** Takes place in the glamorous, corrupt, and boomtown atmosphere of the 1930's Shanghai that is soon to be swept away by advancing Japanese armies and civil war. At its center are the blind American diplomat, Todd Jackson, played by Ralph Fiennes and Sofia Belinskaya, played by Natasha Richardson, a refuge Russian aristocrat making a living in a taxi dancehall and as an occasional prostitute. In the spectacular mass exodus from the city, Sofia is abandoned by her in-laws played by the Redgrave sisters. In the end, mother and daughter are reunited, as Sofia and Jackson, realizing their growing love for each other, escape to the safety of Macao. PG-13. English subtitles. 132 minutes.

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## Mayflower Worship Opportunities

These two worship times are offered by the Mayflower Residents Association Spiritual Life Committee:

Weekly Devotions. Tuesdays. 11:00 – 11:40am. Carman Center. Leader: Rev. Bonnie Lipton. No registration required. Special Lent Services run February 21<sup>st</sup> through April 4<sup>th</sup>



- Weekly Bible Study. Thursdays. 11:00 – 11:40am. Buckley Dining Room Anchor (north end). Leader: Rev. Anne Sunday. Please sign up with her at 319-290-9171 or [revsunday1@yahoo.com](mailto:revsunday1@yahoo.com).

-Pat Lipton, MRA Spiritual Life Committee Chair

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## Residents' Birthdays

Dan Agnew on February 6<sup>th</sup>  
Don Smith on February 7<sup>th</sup>  
Bob McConnell on February 11<sup>th</sup>  
Gordon Packard on February 15<sup>th</sup>  
Vicki Vinall on February 15<sup>th</sup>  
Elaine Noe on February 16<sup>th</sup>  
Bill Tinker on February 16<sup>th</sup>  
Carol Grant on February 17<sup>th</sup>  
Addy Hanson on February 19<sup>th</sup>

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## Informer Publication Schedule

Submission deadline: February 10<sup>th</sup> for publication February 17<sup>th</sup>  
Submission deadline: February 24<sup>th</sup> for publication March 3<sup>rd</sup>  
Submission deadline: March 10<sup>th</sup> for publication March 17<sup>th</sup>  
Submission deadline: March 24<sup>th</sup> for publication March 31<sup>st</sup>

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



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