

## The Informer

March 3, 2023

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### Being is Well at Mayflower

Under the direction of  
Well-Being  
Coordinator, Hannah  
O'Polka, CNS, FT  
(Certified Nutrition



Specialist and Fitness Trainer), the Well-Being program of services and classes continues to expand in The Mayflower Community. With the focus on Active Adults, these holistic physical health and fitness offerings are designed to enhance vigor and enjoyment as we age.

**Special Classes** (offered weekly free of charge to Mayflower residents)

- Senior Strength
- Chair Yoga
- TheraBand
- Tai Chi
- Gentle Aerobics (**new**)
- Lunch and Learns (J&B Bistro)
- Unlocking Brain Fitness®

### **Exercise Rooms and Equipment**

- Three locations:
  - Pearson Fitness Center – Lower level of the Pearson building, 616 Broad Street
  - Obermiller Center – Lower level of the Health Center,

600 Park Street

- Integrated Health Center – Lower level of Pearson
- Equipment (instruction available)
  - Hydromassage bed
  - RelaxSpace wellness pod
  - NuStep
  - Rowing machine
  - Treadmill
  - Elliptical
  - Stairmaster
  - Weight bench
  - Free weights
  - Yoga mats



**Instructors** (from left to right)

-Hannah O’Polka, Well-Being Coordinator

-Cecelia Bagnoli, Community Life Coordinator

-Tracy Woolfolk, Community Life Coordinator

-Leslie Jaworski, Community Life Director

**Professional Services** (available on Mayflower campus)

- Occupational and Physical Therapists
- Registered Dietician
- Chiropractor
- Massage Therapist
- Podiatrist
- Audiologist
- Craniosacral Therapist
- Acupuncturist (coming in April—watch for details)
- Esthetician (coming in April—watch for details)



Now is the time to get engaged...and to feel better!

For more information, contact Hannah O'Polka  
([hopolka@mayflowerhomes.com](mailto:hopolka@mayflowerhomes.com) or 641-236-6151 x203).

*-Bob Mann, Mayflower Sales & Marketing Director*

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## Mayflower Celebrates Valentine's Day

On February 14<sup>th</sup>, Health Center and Beebe Assisted Living residents in The Mayflower Community enjoyed a Valentine's Day party in the Carman Center.



Cecelia Bagnoli, Community Life Coordinator read Valentine's trivia questions and refreshments were served. Residents were presented with cards made by the Grinnell-Newburg Community Schools Art Club. Students at Grinnell College donated Valentine's Day treat bags. The Mayflower residents enjoyed chocolates and cans of orange soda.

*-Bob Mann, Mayflower Sales & Marketing Director*

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## Mardi Gras Fun in Mayflower's Health Center and Beebe Assisted Living

The Community Life staff in Grinnell's Mayflower Community assisted residents of the Health Center in decorating masks for the Tuesday Mardi Gras activities. Leslie Jaworski, Director, and Tracy Woolfolk and Cecelia Bagnoli, Coordinators, provided materials and guidance.

Karen Stevenson (left) and Tracy Woolfolk, Community Life Coordinator, all masked up.

Mayflower's Foodservices staff baked a King's Cake, and Dennis Perry entertained in the Carman Center. To punctuate the enjoyment, Alice Breemer, living in Beebe Assisted

Living, shared a bouquet of flowers she received from her daughter. This was a continuation of a tradition her daughter has established to give Alice flowers on the daughter's birthday, a celebration of that day for both women.

*-Bob Mann, Mayflower Sales & Marketing Director*

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## **Traveling Tips for Seniors with Mobility Issues**

With spring just around the corner, it might be time to start thinking of your next vacation destination. Navigating airports can be cumbersome and navigating airports with mobility issues can be an even bigger nightmare.



**Senior News** shares some important tips on air travel for seniors with mobility issues.

### **Plan Ahead.**

As with any trip, this plan will take some extra effort on your part. Make sure to arrange wheelchair needs to the airline or airport *prior* to departure day. This will help the airline with appropriate staffing and equipment.

### **Have a Medical Plan.**

Make sure you have all of your medications and medical equipment in an easily accessible spot so that you can reach your medication, when you need it, on your flight day. Put your medication in an outside pocket so that you can reach it easily. In addition, and especially if you are flying solo, if you have any special "directions" should a medical emergency occur, make sure to have these on a clearly articulated note that is with your medication and medical supplies.

### **Bring Travel Aides.**

While some folks find flying to be a breeze, some seniors can find airplane travel stressful. Bring items with you that make you feel relaxed and at-ease. Don't like loud noises or crying babies? Bring noise cancelling headphones or have a pre-downloaded book, movie, or podcast available so that you can listen to for the duration



of the flight. Worried about cleanliness? Bring a mask, sanitizer, and sanitizer wipes to help you stay safe and germ-free. Crowds make you uneasy? Bring some lavender essential oils to help calm your nerves, and a comfy travel pillow or "comfort item."

Next time you're planning for travel, make sure to plan ahead so that you can be prepared for any issue or delay that might occur. Better to be safe than sorry!

*-Temesha Derby, Informer Editor*

*Lyceums*



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

Mar 9: Grinnell High School Singers

Mar 16: Irish Evening

Mar 23: Flute-piano Duo (Kris McKlveen and Glenda Duffus)

Mar 30: Royce Wolf, pianist

Apr 6: Mark Laver

Apr 13: Kent Mick and Kevin Boehnke

Apr 20: Tony Perman & Mbira Ensemble

Apr 27: Kelly Maynard & Vox Feminae

May 4: T.B.D.

May 11: Calle Sur

May 18: T.B.D.

May 25: Too Many String Band

*-Bob Butterfield, Events Committee Chair*

**The Grass Hoppers Play**

## Mayflower's Lyceum



During “the school year,” Mayflower residents sponsor a regular Thursday evening Lyceum gathering to soak in some kind of attraction, usually music. “Lyceum” is the ancient Greek term for an association providing public

lectures, concerts, and entertainment.

On Thursday, February 23<sup>rd</sup>, the Mayflower Residents Association hosted a local group, the Grass Hoppers. They performed for an audience of residents and guests as they sang, played, and picked familiar bluegrass and classic country, using a variety of instruments. Among the favorites were “Danny Boy,” “The Tennessee Waltz,” “Rocky II,” and “River Jordan.”

Members of the Grass Hoppers include James Koap, Kelly Koap, Julie Buck, and leader John Buck. In addition, Athena Frasca, a banjo player who is a 4<sup>th</sup> year Grinnell College student from Kentucky, joins the group when she is available.

Bass-player James works at UnityPoint Health—Grinnell. His wife, Kelly sings and works in the Grinnell-Newburg School District while directing the Montezuma Schools theatre programs. Julie sings and plays guitar, mandolin, and fiddle. Her day job is at UnityPoint Health—Grinnell. Director Fred sings and plays fiddle, dobro, and banjo. He is retired but works some at Grinnell College. His real claim to fame is that he taught banjo to Sig Barber, a member of the Too Many String Band.

Ironically, every member of this band hails from a different state. James – Nebraska. Kelly – Michigan. Julie – Wyoming. Fred – Iowa.

*-Bob Mann, Mayflower Sales & Marketing Director*

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### Talk With Scott

Beginning on Monday, March 6<sup>th</sup>, Scott Gruhn, Director of Facilities and Operations, will meet with residents in the J&B Bistro 12:30 to 1:00pm. This will follow the Neighborhood Dinners, but will not be restricted to just those residents.

There will be a general discussion about Facilities, Housekeeping, and/or Foodservices to include questions-and-answers. Come share with Scott as he takes on these expanded responsibilities.



### Grinnell College Presents The Metropolitan Opera: *Lohengrin*

Richard Wagner's masterpiece, *Lohengrin*, will be returning to the Met stage after 17 years. The production will take place on Saturday, March 18<sup>th</sup>.

In a sequel to his production of *Parsifal*, director François Girard unveils an atmospheric staging which displays his striking visual style and keen dramatic insight to Wagner's breathtaking music, with Music Director Yannick Nézet-Séguin on the podium. They will conduct a supreme cast led by tenor Piotr Beczala in the title role of the mysterious swan knight.

**[Tickets can be purchased here.](#)**

### MRA March and April Forums *Tuesdays, 2:00-3:30pm. Kiesel Theatre*

March 14<sup>th</sup>. "The New Grinnell College Prison Program at Mitchellville." Emily Guenther.

April 11<sup>th</sup>. "Drake Community Library Online Resources." Monique Shore.

*-Gerry Guenther, MRA Events Committee Member*

## Available Mayflower Homes

### Traditional Apartments

- 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 large bedroom (15'10" x 17'3"). 1½ baths. Extra storage closets. 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. Completely remodeled. \$41,750
- Buckley #213. 498 sq.ft. Studio. Balcony. East windows. \$38,500



Watertown Square Apartments – None available

Harwich Terrace Patio Homes – None available

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



### March Treasure Chest: A Unique Display

The Pearson lobby Treasure Chest, a function of the Mayflower Residents Association, will feature a unique display beginning in March, 2023. In the words of its curator, resident Bill Pollak, "It will



differ from the compelling and wonderful collections that normally fill the Treasure Chest. Instead, largely because of the dull display my record and CD collection would make, it will document with objects, images, and text the history of music recording and the changes in technology that will likely change how collections of recordings are assembled

Bill goes on to observe, "What brought the focus of this micro-museum to mind when asked to put a collection in the case was the realization that henceforth people will be listening to recordings but not their own recordings. Documenting the history of what will soon be past seemed a worthy task even absent a collection."

"Included will be players, records, CDs, images of all kinds from every era, all tied together by history, and too much explanatory text. My preference would be not to specify particular items because, if coming for them, folks may be disappointed. There may be some that will spark a nostalgic response but there will be no items with the intrinsic delight of the truly wonderful Gruhn toy sewing machines which I have studied at length. One of the highlights will be the original 1949 45 player, the one which many folks used for pop music."

"Feel free to be in touch. I will be happy to discuss what, obviously, will be in some ways a deviant exhibit. I hope it does not disappoint."

Bill never ceases to entertain. You will want to come see this.

For information about the Treasure Chest, contact Doug or Ginny Cameron (236-4544), [cameronV641@gmail.com](mailto:cameronV641@gmail.com), or Janis Peak (236-8993).

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

Below are the upcoming virtual "trips."

**March 9<sup>th</sup>**  
Italy, Roman Lost Ships

Norway, Oslo

**March 16<sup>th</sup>**

Germany

Extra, The Vikings

France, Provence River Cruise

**March 23<sup>rd</sup>**

Israel, King Solomon's Mines

Korea, Seoul

**March 30<sup>th</sup>**

England, The QE2

Norway, Bergen, Fjords & Mountains



-Shane Estes, Resident



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

**March 4<sup>th</sup>: *Ocean's Eleven* (2001).** New Year's Eve in a Las Vegas casino. The lights go out. For Danny Ocean (Frank Sinatra) and his partners in crime, it is the perfect moment to steal millions. Sinatra and Dean Martin; Sammy Davis, Jr.; Peter Lawford; Joey Bishop; and more play army buddies who devise a scheme to knock out power to the Vegas strip, rig five casino vaults, and raid them all at the same time. Packed with comedy, suspense, glamour, and a stunning ending, it is entertainment at its best. PG-13. 127 min. English subtitles.

**March 11<sup>th</sup>: *Warm Springs* (2005).** He was the only U.S. president to be re-elected three times and is admired for his leadership during some of this nation's most challenging times. Despite these historic accomplishments, many Americans were unaware of Franklin Roosevelt's greatest achievement—overcoming polio. Starring Kenneth Branagh, Cynthia Nixon, and Kathy Bates, this inspiring, true story reveals one man's secret quest for hope during his darkest days, in a place that would serve as his source of strength for the rest of his life. PG. 120 min. English subtitles.



**March 18<sup>th</sup>: *Shall We Dance?*** (2004). Richard Gere and Jennifer Lopez step out in a delightfully sexy comedy with an all-star cast. John Cark (Gere) is a meek workaholic who feels trapped in a dull, mind-numbing existence. But one night his whole life changes when a dance instructor (Lopez) inspires him to break out of his mold and sign up for ballroom dancing lessons. PG-13. 106 min. English subtitles.

**March 25<sup>th</sup>: *Bury My Heart At Wounded Knee*** (2007). The action begins with the Sioux triumph over General Custer at Little Big Horn and centers on the struggles of three characters: Charles Eastman (Adam Beach), the Dartmouth-educated Sioux doctor; Lakota Sioux Chief, Sitting Bull (August Schellenberg); and Senator Henry Dawes (Aiden Quinn). The proud Lakota chief refuses to submit to U.S. government policies designed to strip his people of their identity, their dignity, and their sacred land, the Black Hills of the Dakotas. Sen. Dawes is driving the restrictive government policy on Indian affairs. Eastman and schoolteacher Elaine Goodale (Anna Paquin) work to improve life for the Sioux on the reservation. This is a Western classic—insightful, deeply affecting, and visually-striking. Not rated. 132 min. English subtitles.

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## Mayflower Worship Opportunities

# Worship

*The Last Week: A Day-by-Day Account of  
Jesus's Final Week in Jerusalem*

By Marcus Borg and John Dominic Crossan

Led by Rev. Bonnie Lipton

Tuesdays at 11:00am (30-40 minutes). Carman Center

## Weekly Devotions:

- March 7<sup>th</sup>. Journeying with Jesus on His final Tuesday. Reflection Instrumental Music: “My Jesus, I Love Thee.”
- March 14<sup>th</sup>. Journeying with Jesus on His final Wednesday. Reflection Instrumental Music: “Wind Beneath My Wings.”

- March 21<sup>st</sup>. Journeying with Jesus on His final Thursday. Reflection Instrumental Music: “Let Us Break Bread Together.”
- March 28<sup>th</sup>. Journeying with Jesus on His final Friday. Reflection Instrumental Music: “The Old Rugged Cross.”
- April 4<sup>th</sup>. Journeying with Jesus on His final Saturday & Easter. Reflection Instrumental Music: “In The Garden.”

**Weekly Bible Study** – Thursdays. 11:00am. Buckley Anchor Room. Scripture passages announced in advance. Printed copies available or bring your own Bible. Anne Sunday, Leader.

*-Pat Lipton, MRA Spiritual Life Committee Chair*

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### **Residents' Birthdays**

Jeanette Tisdale on March 4<sup>th</sup>  
Lyle Roudabush on March 7<sup>th</sup>  
Orlan Mitchell on March 13<sup>th</sup>  
Judy Hunter on March 14<sup>th</sup>  
Joy Murphy on March 14<sup>th</sup>  
Greg Thielmann on March 14<sup>th</sup>  
Sara Adams on March 15<sup>th</sup>  
Bonnie Buntz on March 15<sup>th</sup>  
Arnie Adelberg on March 17<sup>th</sup>  
Karen Packard on March 17<sup>th</sup>  
Georgia Langerud on March 18<sup>th</sup>  
Bill Pollak on March 18<sup>th</sup>  
Jill Kaiser on March 19<sup>th</sup>  
Catherine Rod on March 20<sup>th</sup>  
Gene Rohr on March 20<sup>th</sup>

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### **Informer Publication Schedule**

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>



Submission deadline: April 7<sup>th</sup> for publication April 14<sup>th</sup>  
Submission deadline: April 21<sup>st</sup> for publication April 28<sup>th</sup>  
Submission deadline: May 5<sup>th</sup> for publication May 12<sup>th</sup>  
Submission deadline: May 19<sup>th</sup> for publication May 26<sup>th</sup>

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## In Memoriam

Doug Caulkins

Born: August 28, 1940  
Passing: February 21, 2023

Barbara Rosfjord

Born: October 28, 1928  
Passing: February 24, 2023

Dorothy Christinson

Born: May 25, 1929  
Passing: February 25, 2023

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



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