

## The Informer

April 14, 2023

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### Jenn Manuel to Provide Massage Therapy Services to Mayflower Community Residents

Jenn Manuel, LMT will be providing massage therapy for residents of The Mayflower Community in the Integrated Health suite on the lower level of the Pearson building, 616 Broad Street.

Jenn is the owner of Sixth Sense Massage, Newton. She graduated with honors from Body Wisdom Massage Therapy School, Urbandale in October 2022. The following month, Jenn opened her private practice in Newton. Her husband and she both deal with chronic pain, which led her to massage school so that they could benefit but, also, so that she could assist others.

Jenn's goal as an LMT (licensed massage therapist) is to provide pain relief to her clients, whether it be back, feet, legs, or arms. Her mission is to assist the body in its healing process. Doing so means decreasing tension, stress, and pain while gaining increased range of motion and better overall feeling.

Jenn's services differ from the standard LMT in that she doesn't just provide standard relaxation techniques. She targets the root of the problem which helps with immediate pain relief. She is also licensed in cupping, trigger-point therapy, and reflexology.

Jenn will be the second massage therapist to practice at The Mayflower Community as the demand for massages has been so strong.

You may schedule an appointment with Jenn by calling 515-346-8938 or **[visit her website.](#)**

Hannah O'Polka, Mayflower's Well-Being Coordinator, is pleased about Jenn's addition. "We are excited to add to the expanding group of Well-Being providers here at Mayflower. In a mere six months residents have gone from being somewhat inactive during the COVID-19 pandemic to attending educational events and exercise classes, up to five times per week. In addition, residents have spent many hours utilizing our HydroMassage beds and other integrated health services and equipment. Because of the growing demand for massage and other recovery services, it was important for us to bring in another provider. Jenn will bring her expertise on reflexology and trigger-point therapy to help our active adults recover more effectively while reducing pain and inflammation so they can continue to enjoy various activities."

*-Hannah O'Polka, Mayflower Well-Being Coordinator*

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## Virtual Easter Egg Hunt

Remember those Easter eggs in the last edition? The correct number of Easter eggs hidden was: 7. How close was your guess?

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## Gut-Friendly Foods: Fermented Foods & Fiber

**Fun Fact:** According to nutritional anthropology (the study of food/nutrition from evolutionary, behavioral, social, and cultural perspectives), the diet patterns of different human groups across history nearly always included a source of fermented food. This commonality supports the idea that food in a fermented form provides essential nutrients for health and wellbeing. Additionally, fermenting foods promotes preservation and existed long before cold storage or air-tight sealing methods.

In order to understand the importance of fermented foods, it is essential to first define the "gut microbiome." Simply put, this is the collection of microorganisms (like bacteria) that live in the digestive tract. The microbiome lives in symbiosis with its human host, meaning both the host and microbiota benefit from sharing space and resources. Research into the myriad functions of the microbiome is relatively new, yet continually revealing the foundational and crucial influence these "little bugs" have over digestive function, nutritional

absorption, gut health, and mental health.

Our ancestors' intuitive food choices favored foods that benefit and nourish these microorganisms that are vital for health and wellbeing. Fermented foods are a source of probiotics (living bacteria that support balanced, healthy gut bacteria levels). Certain strains of probiotics are known to support mental health by reducing symptoms of depression and anxiety and promoting relaxation. Additionally, fermented foods are easier to digest because bacteria in the food have already started the process of breaking down food from larger components into smaller ones. This "pre-digestion" process improves nutritional availability, meaning that our intestinal cells can more easily absorb proteins, vitamins, and minerals.

To make this complex subject short and sweet, fermented foods nourish the healthy, balanced growth of the gut microbiome. A happy microbiome works in synergy and harmony with the human host to promote gut health, mental health, and overall wellbeing.

The most common fermented foods in American food culture include yogurt; kefir; kombucha; and naturally fermented sauerkraut, pickles, and other vegetables. Other commonly available options include fermented soy products (like tempeh or miso) and kimchi (Korean-style fermented cabbage and vegetables). Fermented foods can be purchased in ready-to-eat forms or prepared in the home. Be sure that home fermentation follows established recipes exactly to ensure food safety and appropriate preservation.

How do you include these fermented options in your diet? Start with an [option here and see where your taste buds take you.](#)

References:

1. *Nutrition Essential for Mental Health: A complete guide to the food-mood connection.* Dr Leslie Korn. 2016.
2. [Health Benefits](#)

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

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## Celebrating at Mayflower

The Mayflower Community got a double dose of excitement to celebrate Easter on Friday, April 7<sup>th</sup>. First, the Easter Bunny (Cecelia Bagnoli,



Community Life and Wellness Coordinator) visited residents in the Health Center and in Beebe Assisted Living and passed out treats. The Easter Bunny (Cecelia Bagnoli, Community Life and Wellness Coordinator) celebrates Easter with Luther Erickson in the Health Center.



Then, later in the afternoon, the Grinnell Children's Choir performed for all Mayflower residents in the Carman Center. Directed by Erin Bustin, this cadre of young singers provides annual enhancement to life at Grinnell's Mayflower.

At left, The Grinnell Children's Choir directed by Erin Bustin performs in the Carman Center.

*-Bob Mann, Mayflower Sales & Marketing Director*

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### **“Spring Cleaning” (Tribute to Gardens and Grounds Staff)**

Every spring, the ponds in Mayflower's Buckley Courtyard need cleaning. Ben Pearce, Gardens and Grounds Supervisor, and Les Hall, staff member, do the work. Donning waders, they move the fish to the north pond and drain the south two ponds. The water flowing from the pond through the drainpipe is at first gray, then turns to black, as the electric pump hose settles to the bottom of the pond.



Above at right, Ben Pearce checks the water pump.

Now, the real work begins. To clean the rocks along the water ways of their layer of moss and sediment, Ben uses two yellow scoops attached to his hands to scrape up and throw the moss out of the pond. Les does the same. It is a dirty job!

The next step is to hose down the rocks with water getting the remaining crud from the crevasses between the rocks.

The pond system consists of two south ponds and two north ponds. On the south, water flows from a small waterfall over rocks, under a bridge, to a pool basin, over the waterfall, and then to a deeper pool. An underground system of pipes recycles the water back to the top to flow over the rocks again. People in apartments adjacent to the garden love to hear the water flowing over the rocks.



Another system to the north sends the water over rocks, under another bridge, to a rocky pool and into another the base pond. The fish, mostly orange koi along with a few spotted gray ones, will be moved to the fully functional and clean south pool, while the north pool is cleaned.

At above left, Les Hall power washes the rocks.

During the fall when the water temperature falls below 50 degrees, feeding of the fish ends, until spring when the water temperature rises. During the winter, whether ice covers the ponds or not, the fish lay in hibernation like colored orange sticks in the bottom of the pools. Each pond has an aerator to pump oxygen into the water.

Thank you, Ben and Les, for cleaning the ponds each spring, and for caring for the other water features at Mayflower, along with the flower beds, all the mowing, fall leaf clean up, and winter snow removal (along with the other Facilities staff). Thank you for taking good care of us year-round, and making possible the beauty which surrounds us in each season.

*-Marilyn Schuler, Resident*

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## Jacki Hicklin Will Assume New Role

Effective June 1<sup>st</sup>, Mayflower's Jacki Hicklin, RN, will become the Director of Beebe Assisted Living and Home Services. Jacki currently serves as Mayflower's Assistant Director of Nursing. A 21-year veteran of our Health Center nursing services, Jacki has served as Interim Director of Nursing as well as supervisor of restorative services and infection control specialist. In the latter role, Jacki has been instrumental in guiding Mayflower through the COVID-19 pandemic.

Jacki was licensed as a Practical Nurse (LPN) in 1998 and as a Registered Nurse (RN) in 2000. Before coming to Mayflower, she worked elsewhere in long-term care for four years as a charge nurse and interim director of nursing.

Brittany Hinkle, RN/BSN, Mayflower's current Director of Assisted Living and Home Services, will become a part-time nurse at Mayflower in order to work on her Nurse Practitioner (NP) program studies. We are pleased that Brittany is close to this challenging accomplishment and wish her well in the endeavor.

We are currently advertising for an Assistant Director of Nursing.

-Kellie McGriff, Mayflower's Associate Director/Administrator

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## Thank You, GHS Senior Class

On Tuesday and Wednesday, April 4<sup>th</sup> and 5<sup>th</sup>, members of the Grinnell High School Senior Class participated in "A Day of Service" volunteer project at The Mayflower Community.

Coordinated by School Counselor, Amanda Pearce, and Social Studies teacher, Todd Crites, the event paired students with community organizations to perform a day of work on behalf of the partner organization.

The seniors working at Mayflower were supervised by Ben Pearce, Grounds and Gardens Supervisor, and Les Hall. They weeded,

mulched, and cleared brush, helping to get the renowned Mayflower grounds ready for the growing season.

Mayflower thanks the students and the Grinnell schools for this opportunity to benefit from the labors of these hard-working participants.

*-Bob Mann, Mayflower Sales & Marketing Director*

## *Lyceums*



### **Lyceum Programs** **Thursday Evenings, 7:00pm** *Carman Center*

April 20<sup>th</sup>: Tony Perman & Mbira Ensemble

April 25<sup>th</sup>: Grinnell College Chamber Ensemble, directed by Tracy Finkelshteyn (Note: This is a Tuesday night at 6:00pm.)

April 27<sup>th</sup>: Kelly Maynard & Vox Feminae

May 4<sup>th</sup>: T.B.D.

May 11<sup>th</sup>: Calle Sur

May 18<sup>th</sup>: T.B.D.

May 25<sup>th</sup>: Too Many String Band

*-Bob Butterfield, Events Committee Chair*

## **MET OPERA**

Grinnell College offers the Metropolitan Opera Live in HD at the Harris Cinema, 1114 – 10<sup>th</sup> Avenue. Ticket holders are asked to be in their seats 10 minutes before opening time.



Saturday, April 15<sup>th</sup>  
*Der Rosenkavalier* by Strauss

**[For more information, visit here.](#)**

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## MRA Library News

Volunteer members of the Mayflower Residents Association Library Committee share these updates for you:

1. We are working on updating our library books. We have gone through and discarded quite a few titles. The discards are in totes in the Pearson building lobby near the Library. Please check to see if there are books that interest you. If so, feel free to take them home. At the end of April, we will donate the rest to the Drake Library.
2. We are having a “Book Shower” during the month of April. Maybe you have books in good condition that you loved, but no longer need that you think others might like to read. Bring those books to the Anchor Room at the north end of the Buckley Dining Room and leave them in one of the labeled boxes.
3. Spring cleaning is a good time to check your bookshelves to see if you have any MRA Library books that need to be returned!

Thanks for your help and Happy Reading!

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## Give a Gift: MRA Library Book Shower

Do you have too many books? Are your bookshelves filling up? During APRIL donate your nearly new books with recent copyright dates to the MAYFLOWER BROWSING LIBRARY.

Shower us with books! Take them to the book box in THE ANCHOR ROOM, north end of the Buckley Dining Room.

Thank you.

*-Mayflower Residents Association Library Committee*

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## Booklist

*Inman's War* by Jeffrey S. Copeland



*The Last Thing He Told Me* by Laura Dave  
*How We Die Now* by Karla Erickson  
*Smokin' Seventeen* by Janet Evanovich  
*The Biloxi Boys* by John Grisham  
*The Heart of American Poetry* by Edward Hirsch  
*Fairy Tale* by Stephen King  
*Someone Else's Shoes* by Jojo Moyes  
*Oh, You Iowans!* by Chuck Offenburger  
*Spare* (large print) by Prince Harry  
*Drive Your Plow Over the Bones of the Dead* by Olga Tokarczuk  
*Beyond the Boundary of Childhood* by Crystal Lynn Webster

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### Mayflower Reading Group to Start

Our Scholar in Residence, Jennifer Kang who lives in a Pearson apartment, will be hosting three Sunday discussion sessions, April, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup>. The book will be *The Vegetarian* by Han Kang. The group will meet in the J&B Bistro from 2:00 to 3:00pm. The first meeting will focus on Part I, pages nine to 58. Books can be purchased from the Pioneer Bookshop (641-269-3424 or **online**).

Large print copies are available on request. Please RSVP with Joni (641-236-6151 x100 or [jschmidt@mayflowerhomes.com](mailto:jschmidt@mayflowerhomes.com)) as there are only 12 spots.

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

Below are the upcoming virtual "trips."

**April 20<sup>th</sup>**

The Bible Buried Secrets

**April 27<sup>th</sup>**

U.S., Massachusetts, After the Mayflower

**May 4<sup>th</sup>**

U.S., Iowa, Guatemala to Algona



U.S., Florida, Goliath Grouper

**May 11<sup>th</sup>**

U.S., Kentucky, Coal Mining

U.S., Florida, Research Station

**May 18<sup>th</sup>**

Australia, Queensland

U.S., Florida, Deep Coral

**May 25<sup>th</sup>**

U.S., Alaska, Jim Crow Laws

U.S., Alaska, the 49<sup>th</sup> State

*-Shane Estes, Resident*



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

**April 15<sup>th</sup>: *Alexander's Ragtime Band***

(1938). Tyrone Power stars in this extravaganza of music, story, and romance set in the early 1900's. Irving Berlin's masterpiece chronicles the

highs and lows of the San Francisco aristocrat who changes his name to Alexander and leads a band with a whole new sound: swing! Grant meets with musical successes and failures as he conducts an on-again, off-again love affair with lead singer, Stella Kirby (Alice Faye). Also featured are Don Ameche, Jack Haley, and Ethel Merman. Black & White. Not Rated. 106 minutes. English subtitles.

**April 22<sup>nd</sup>: *Destination Tokyo*** (1944). Cary Grant captains a torpedo-laden U.S. submarine as it makes its way from San Francisco to the Aleutians and into the enemy's front yard. Under the direction of Delmer Daves, John Garfield leads a stellar array of costars as boys-next-door-gone-to-war. One of the most rousing, action-filled WWII films ever produced. Black & White. Not Rated. 135 minutes. English subtitles.

**April 29<sup>th</sup>: *Rebecca*** (1940). After a whirlwind romance, mysterious widower Maxim de Winter (Laurence Olivier) brings his shy, young bride (Joan Fontaine) home to his imposing estate, Manderley. But she

finds her married life dominated by the sinister influence of Maxim's late wife, the brilliant, beautiful Rebecca, who seems to still rule Manderley and Maxim from beyond the grave. Black & White. PG. 131 minutes. English subtitles.

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## Mayflower Worship Opportunities

# Worship

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

**Weekly Devotions.** Tuesdays. 11:00 – 11:40am. Carman Center. Prayer; scripture; stories. Relax; reflect; renew. Leader: Rev. Bonnie Lipton. No registration required.

**Weekly Bible Study.** Thursdays. 11:00 – 11:40am. Health Center Fireside Room (2<sup>nd</sup> floor). Leader: Rev. Anne Sunday. If attending for the first time, please sign up with Anne 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

Alicemary Borthwick on April 15<sup>th</sup>

Bill McNally on April 18<sup>th</sup>

Rey Evans on April 19<sup>th</sup>

Karin Connelly on April 20<sup>th</sup>

Jean Jones on April 21<sup>st</sup>

Deb VanArkel on April 22<sup>nd</sup>

Iann Veldhuizen on April 22<sup>nd</sup>

Gene Herman on April 25<sup>th</sup>

Kathy Szary on April 25<sup>th</sup>

Roberta Atwell on April 26<sup>th</sup>

Chao Huang on April 27<sup>th</sup>

Rudy Munitz on April 27<sup>th</sup>

MJ Zimmerman on April 27<sup>th</sup>



Loren Kolpin on April 29<sup>th</sup>

Janet Ferguson on May 1<sup>st</sup>

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## In Memoriam

Jeanette Tisdale

Birth: March 4, 1933

Death: April 12, 2023

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## Informer Publication Schedule

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

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**Mayflower  
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