

The Informer

May 12, 2023

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Mayflower Residents Visit Pella

Getting a jump on the Pella Tulip Festival the coming weekend, a group of Mayflower Community residents took a ride to Pella on Mayflower's "Lester the Bus." Their intention: 1) Seeing all the tulips they could and 2) buying some Dutch letters! To top off their pleasure, Wednesday's weather was "Iowa beautiful." Pictured is Alice Beemer at a Dutch Canal.

-Tracy Woolfolk, Community Life and Wellness Coordinator

Brain and Gut Health Part V: Foods to Reduce

The connection between brain health, gut health, and mental health is indisputable, yet incredibly complex. Thus far, our discussion has centered on foods known to promote brain and gut health. Bone broth, fermented foods, and foods rich in omega-three fatty acids all contain a variety of nutrients known to support optimal functioning. Incorporating these types of foods every day is a sure step toward health and healing.



While incorporating foods that support health and wellbeing, it is equally important to reduce foods known to compromise or threaten the brain and gut. Certain staple foods in the standard American diet (SAD) commonly cause inflammation, uncomfortable GI symptoms, and food intolerances. Prolonged or chronic inflammation within the digestive tract affects production of neurotransmitters and hormones,

which directly impacts brain function, mental health, and sense of wellbeing. Thus, eliminating pro-inflammatory foods promotes physical and mental wellbeing.

The effects of inflammatory foods are often cumulative. Most people can tolerate small amounts of the food without symptoms. But, consuming “too many or too much” results in negative effects.

Overall, this is good news! For most people, it is not necessary to completely eliminate inflammatory foods. Instead, moderation is the key to successfully reducing intake of problematic foods.

So, what foods are considered inflammatory?

- Deep fried foods and fast foods
- Highly refined plant oils and margarine
- Sugar: Refined table sugar and corn syrup
- Artificial sweeteners
- White flour

The easiest way to avoid these ingredients is by choosing whole, unprocessed foods as often as possible. Processed and packaged foods almost always contain at least one inflammatory food. Whole foods, like fruits and vegetables, whole grains, beans, nuts/seeds, and fresh meat/poultry/fish, rarely, if ever, contain inflammatory foods.

Start small, remembering complete restriction is not necessary. Focus on small portions, occasionally, rather than daily. The health and healing that results will be worth the work!

Reference: *Eat Right, Feel Right: Recipes and Tips to Improve Mood, Sleep, Attention, and Focus*. Dr Leslie Korn. 2017.

Meredith Crow, MA, RD, LD, Mayflower Dietitian

WELL-BEING PROVIDERS



Craniosacral Therapy
Jackie Hutchison, PT, CST-T
Appointment: 641-990-2726
Available every 3rd Tuesday,
10:30am-5:00pm



Podiatry (Foot Care)
Dr. Matthew McKnight, DPM
Appointment: 641-236-2008
Schedule varies



Acupuncture
Sydney Bradford, LAc
Appointment: 641-990-6940
Available every 4th Wednesday,
1:00pm-6:00pm



Audiology
Dr. Leah Uthe, MD
Appointment: 641-236-6676
On campus every 2nd
Tuesday



Massage Therapy
Melinda Sherman, LMT
Appointment: 641-821-9629
Available every 2nd & 4th Friday,
11:00am-5:00pm



Massage Therapy
Jenn Manuel, LMT
Appointment: 515-346-8938
Schedule varies



Esthetician (Skin Care)
Shianne Arp, ESTI
Appointment: 641-485-4962
Schedule varies



May Treasure Chest Display: You Gotta LLove a LLamas

Dottie Blazek does! This story of love for the animals Mayflower resident Dottie calls “big cuddly pets” began in the Chicago area, where Dottie and Frank raised their family and worked. Dottie was a nurse, and Frank was a Spanish teacher.

Frank dreamt of being a travel agent. He took a break from teaching to tour South America from top to bottom, learning everything he

could about the geography, topography, culture and customs, food and festivals, and restaurants and hotels, so that someday he could open a travel agency. During his time away, he fell in love with llamas.

Llamas are members of the Camelidae family, thus related to Asian and African camels. Their South American relatives include alpaca, vicuna, and guanaco. They are widely used as pack animals in the mountains and forests. Their padded feet do not crush flora or fauna. They eat the tops of plants, allowing the plant to grow back.

Their wool is very warm, warmer than sheep's wool, and it does not contain lanolin, which makes wool itchy.

Frank returned to the U.S. and eventually retired early from teaching to establish a travel agency. When that venture ended, there was another ADVENTURE for Dottie, Frank, and their granddaughter, who was living with them. They purchased 40 acres of land between Pueblo (4,692') and Beulah (6,381'), Colorado. They built a log cabin home and established a llama ranch called Heaven's Peak. Coincidentally, their granddaughter's name is Hevyn!

Dottie explains that they never had more than ten llamas at a time. Llamas are neat and pleasant animals, and it was fun to name them, as the llamas knew their names. The llamas had their own language. When they were content and happy, they hummed in various tones, each with its own voice. When romance was in the air, they sang their own love song. And danger brought on a high-pitched squeal.

It's a well-known fact that llamas will spit when they feel threatened. It only happened once at their ranch, because the Blazeks LLOVE LLAMAS!

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

Lyceums

★ ★ ★ ★ ★
LIVE
ENTERTAINMENT

Lyceum Programs
Thursday Evenings, 7:00pm
Carman Center

May 18th: The Grasshoppers

May 25th: Too Many String Band

Next Programs: September 2023

-Bob Butterfield, Events Committee Chair

Recycling at Mayflower

WHAT CAN I RECYCLE?



Beginning in June 2023, residents of Mayflower apartment buildings can recycle items accepted by the Grinnell Recycling Center in two marked containers in the building's designated area.

One container is for corrugated cardboard only. The other is for everything else.

Here are some items that are acceptable for the “everything else” recycling bin: pressed cardboard including cereal, toothpaste, and tissue boxes; metal cans; white and colored papers; newspapers; magazines; and glossy papers.

You may also recycle paperback and hardcover books and phone books. It is not necessary to remove staples or window envelope cellophane.

Plastic containers marked “1” or “2” inside a triangle located on the outside of the container are also accepted. Be sure to remove lids from beverage containers.

Special recycling containers for the following items that are not accepted by the Grinnell Recycling Center are located in the breezeway between Pearson and Montgomery: fluorescent light bulbs, rechargeable batteries and those containing mercury or lithium, rechargeable button batteries and eyeglasses.

Plastic bags are not allowed in recycling containers, including dumpsters. Do not put your recyclables in them! IF IN DOUBT, THROW IT OUT!

Harwich Terrace residents may bring acceptable recycling items to the outside dumpsters in the little building on Mayflower Lane. Please follow the instructions above about what to recycle.

[For more information about Grinnell recycling, go to this website.](#)

Books on CD Available in Pearson Office

Would you like to listen to a book, rather than reading it? You can do that by getting a “book-on-CD” (compact disc) from the Drake Community Library. Close your eyes and listen. Take it with you on a road trip. No squinting at the book’s small words!



Books can be checked out for an initial three weeks with subsequent renewals. To have them delivered to your home, call Lucy Chang at the Drake Community Library (641-236-2661) who can discuss what books are available and make arrangements to have them delivered to your home.

OR! Check out a CD book from me in the Pearson lobby between 8:00am and 4:30pm weekdays in the Pearson lobby or give me a call. Currently, I have these books available at my desk:

- *The Oregon Trail, A New American Journey* by Rinker Buck
- *8 Sandpiper Way* by Debbie Macomber
- *The Alice Network* by Kate Quinn
- *Act of War* by Brad Thor
- *Best Friends Forever* by Jennifer Weiner
- *To Hell on a Fast Horse* by Mark Lee Gardner



If you are visually impaired, you may wish to explore another option for book access. The Iowa Commission for the Blind maintains free library services that include access to a digital cartridge player and books on cartridge. The player is easy to use with large colored buttons (see photo).

You (or a helper) can sign up for this service [online at the Commission](#) (scroll down to “Library Application Form” and click on the hyperlink). The player and a starter cartridge are delivered to your home. The latter comes in a hard plastic mailer that starts the process of exchanging new cartridges when you return one.

The Commission also offers large print books for those who can read on your computer screen or Kindle. You will need a medical professional’s statement that you are visually impaired.

Enjoy your “reading!”

*-Joni Schmidt, Mayflower Resident Services Coordinator
(jschmidt@mayflowerhomes.com or 641-236-6151 x100)*

Mayflower Thanks Grinnell College Students

This school year (2022-23) at Grinnell College resulted in many student volunteer hours to The Mayflower Community. THANK YOU!



Every Saturday during the month of April, a group of student volunteers came to the Mayflower campus to lead various activities with independent living and healthcare residents. First, it was rock painting; then board games; more rock painting; and finally, May Day baskets.

Evelyn Dziekan '24 helped organize the activities through the College’s Center for Careers, Life, and Services (CLS). This is a work study program designed to integrate the College into the surrounding community.

Dziekan said she was inspired to start the program at Mayflower by a discussion about talking to strangers in her Introduction to Sociology class with Lara Janson, PhD, Visiting Assistant Professor of Sociology. “I wanted to see something happen within Mayflower that would bring students in,” said Dziekan. So, she started the Saturdays with Students program.

Dziekan said she thought that a “major problem” around efforts to

build bridges between the College and town communities are the perceptions that students may have of the locals, but the residents of the Mayflower create an environment that is welcoming to students.

“I think it’s always nice to have activities on the weekend,” said Kathy Herman, a Mayflower independent living resident. Herman and Dziekan both said that the Mayflower’s previous programming with students was interrupted by the onset of the COVID pandemic.

The Saturday events were part of an effort to bring back events for residents and gauge interest for a program that could continue into next school year. According to Dziekan, it has been successful.

“Every student who’s been here, they’ve all said they really liked it.”



“I’ve been thinking a lot about how I want to get out into the community more,” said volunteer Delaney Owens `25. “I figure, what’s the point of going to school in a small town with such a cool community if I don’t ever really get out there?” Owens said that she saw the event advertised in an email from the CLS and thought it would be a good chance to meet new people and do something fun. “I was right, it is fun!” she said.

Many residents said they are eager to get to know students from the College. “The programs with college students are always very popular,” said Herman. “We always like to see young people.” Owens, who will be vacationing in Iceland in June, met a resident who used to teach there and who has since returned to travel. They got to talking about puffins, waterfalls and all the attractions Owens should be sure not to miss.

Dziekan said that it was initially a struggle to find her place at Mayflower, but that this program has given her direction. She considered the April events a chance to troubleshoot and prepare to continue programming at Mayflower this coming fall, including more variety. Dziekan has a carnival in mind and weekday events.

Among other Grinnell College student volunteers at Mayflower, Aubrie Torhorst stands out. The Wisconsin native has been amazing

about hosting weekly “Art with Aubrie” for the past year and a half. Residents and Community Life and Wellness staff visited Aubrie’s art show in early May. She will be graduating later this month, but with the support of Tilly Woodward, MFA, we hope to connect with another art major for the coming school year. Tilly is the Curator of Academic and Community Outreach at the Grinnell College Museum of Art.

Leslie Jaworski, Community Life and Wellness Director
[Some of the material and all quotes were printed in the April 28, 2023 edition of *Scarlet and Black*, the Student News Site of Grinnell College]



MET OPERA

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

Saturday, May 20th
Don Giovanni by Mozart/Ivo van Hove
12:55pm
[Click for information.](#)

[For more information about the Met Opera series, go here.](#)

-Bob Mann, Mayflower Sales & Marketing Director

Available Mayflower Homes

Traditional Apartments

- Buckley #215. 1,026 sq.ft. 1-bdrm. 1½-bath. Carpet. Large rooms. \$72,500
- Buckley #308. 1,021 sq.ft. 1-bdrm. 1½-bath. All LVP. Buckley Courtyard balcony. \$75,500
- Altmeier #105. 892 sq.ft. One bedroom/one bath. Large great



room. Kitchen dining space. Washer/dryer. Two exposures. \$67,750

- Edwards #1. 732 sq.ft.. One-bedroom. All LVP flooring. Open living room/kitchen. Washer/dryer. Outside deck. \$64,500
- Buckley #310. 693 sq.ft. Two-bedroom/one bath. Balcony. \$63,750
- Buckley #201. 681 sq.ft. Two-bedroom/one bath. Balcony. \$63,750
- 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
- Buckley #314. 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.



Planting Season at Mayflower

The weather has been a bit inclement, but Health Center residents of The Mayflower Community have been able to do flower planting in the raised garden located in the protected courtyard space. May plantings bring May flowers!

-Tracy Woolfolk, Community Life and Wellness Coordinator

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

Below are the upcoming virtual "trips."

May 18th

Australia, Queensland

U.S., Florida, Deep Coral



May 25th

U.S., Alaska, Jim Crow Laws

U.S., Alaska, the 49th State

-Shane Estes, Resident



Kiesel Theatre Movie Saturdays, 2:00pm.

May 13th: *High Society* (1956). Heir Tracy Lord (Grace Kelly) is engaged to one man (John Lund), attracted to another (Frank Sinatra) and, just maybe, in love again with her ex-husband (Bing Crosby) in this effervescent musical reinvention of Philip Barry's play, *The Philadelphia Story*. Cole Porter's delightful score is featured. Not Rated. 111 minutes. English subtitles.

May 20th: *Finding Your Feet* (2018). When Sandra Abbott (Imelda Staunton) discovers that her husband of forty years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister Bif (Celia Imrie). The two could not be more different. Sandra is a fish out of water next to her outspoken, serial-dating, free-spirited sibling. But different is just what Sandra needs at the moment, and she reluctantly lets Bif drag her along to a community dance class, where she starts finding her feet. A "feel-good romantic comedy." PG-13. 111 minutes. English subtitles.

May 27th: *Elizabethtown* (2005). Orlando Bloom stars as Drew Baylor, a hot-shot designer whose life becomes completely unraveled when he loses his father and his job on one fateful day. En route to Elizabethtown to visit his family, Drew meets Claire (Kirsten Dunst). She's beautiful, irresistibly positive, and just the gal to guide Drew on his journey back home and to teach him what it means to live and love along the way. Elizabethtown is "an amazing trip of love, loss and laughter." PG-13. 123 minutes. English subtitles.

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 – 12:00 noon. Health Center Fireside Room (2nd floor). Leader: Rev. Anne Sunday. If attending for the first time, please sign up with Anne at 319-290-9171 or revsunday1@yahoo.com.

-Pat Lipton, MRA Spiritual Life Committee Chair

Residents' Birthdays

Jean Carpenter on May 13th
Jim Ferguson on May 14th
Marilyn Schuler on May 15th
Carolyn Runyan on May 17th
Jerry Lalonde on May 18th
John Saxton on May 19th
Doug Cameron on May 21st
Kathy Herman on May 22nd
JoAnn Britton on May 23rd
Linda Myren on May 24th
Mary Murray on May 25th
Keiko Butterfield on May 29th

Informer Publication Schedule

Submission deadline: May 19th for publication May 26th
Submission deadline: June 2nd for publication June 9th
Submission deadline: June 16th for publication June 23rd
Submission deadline: June 30th for publication July 7th

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



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mayflowerhomes.com

**Mayflower
Information**



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