

The Informer

June 9, 2023

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Davis Students Volunteer at Mayflower

In one of their last days of school, on May 24th, Ms. Deppe's and Ms. Wheeler's 43 4th-grade students topped off their year with The Davis School

Volunteer Day. The young people came to The Mayflower Community campus to plant flowers and tomatoes and to spend time with residents. Of course, it was a growth experience for the students, but it was also a treat for Mayflower residents and a beautifying gift for the Mayflower campus.

Greeted by a perfect-weather day, the students started by autographing the Beebe Circle Drive with chalk "art" and signatures. Then, they proceeded to the planting tables where each was presented with their own gardening gloves. Half of the students went across the street to Mayflower's Health Center, where they planted flowers, played games, and visited residents in the Courtyard.

The other half stayed in the Beebe Circle to plant, talk with residents, and play games. An hour later the entire group reconvened to enjoy cookies and lemonade in the Buckley Courtyard while they took in the ponds, flowers, and walkways.

Everyone had a great time. Mayflower thanks Davis Elementary School who donated funds for the flowers, vegetables, herbs, pots, soil, and garden gloves. The event was organized and coordinated by Mayflower's Community Life staff, Leslie Jaworski, Director; Tracy Woolfolk; and Cecelia Bagnoli. Mayflower's Facilities staff under the leadership of Director Scott Gruhn and Gardens and Grounds

Supervisor, Ben Pearce, and staff member, Jordan Montgomery, provided the set-up and clean-up. The Foodservices staff arranged the refreshments. Residents joined in the planting work while Dorothy Noer led games.

-Leslie Jaworski, Community Life Director

UnLOCKING the Power of Philanthropy: A “Thank-You” and Some Tidbits

First, the “THANK YOU.”

Two weeks ago in the *Informer*, I introduced Mayflower’s 2023 “annual fundraising campaign.” At the top of the wish list was \$62,000 to pay for a new “Call Light” system in the Health Center. Through a combination of new gifts to the Jack & Jackie Morrison Maintenance Fund and a timely bit of positive cash flow, that “need” has been fulfilled. Mayflower gives special thanks to every “Jack & Jackie Fund” donor.



Next, a Tidbit.

Fifteen years and two months ago, I first arrived on the Mayflower campus. Then Executive Director, Bob Mann, hired me to build upon Mayflower’s previous “planned giving” (endowment building) efforts. Prior to Bob’s arrival, my good friend and current Mayflower resident, Rev. Orlan Mitchell, working on a volunteer basis, sought “planned gifts” for Mayflower. Orlan’s shoes were not easy to fill, save for the fact he had built solid relationships with donors and friends who understood why charitable support was so important to Mayflower’s future.

A related Tidbit.

Mayflower’s endowment building efforts began nearly 40 years ago with the establishment of the Mayflower Foundation. Annual distributions from four Foundation endowment funds (along with funds raised in annual campaigns) support residents in need, staff growth and development, and enhancements to the campus. Those Foundation funds include:

- The Human Needs Endowment Fund. Supports healthcare for residents who have exhausted their resources.
- Mayflower Employee Education Fund. Supports continuing education and wellbeing efforts for Mayflower’s dedicated service providers.

- Montgomery Church Leaders Fund. Supports Mayflower home stipends for retired clergy and other church workers in need of assistance.
- General Mayflower Foundation Funds. Supports resident and staff wellbeing and maintenance and enhancement of the campus.

Concluding Tidbits:

In addition to promoting Mayflower's annual fundraising campaign and gifts to the Mayflower Foundation, I am available as a sounding board for residents' financial and estate planning questions. Typically, I help residents prepare to meet with a professional advisor for possible updates to their plans.

I am eager to meet residents who are new to Mayflower since the start of the pandemic. It would be my pleasure to engage with you on any of these topics. There is never any cost or obligation for the time we spend together. I welcome your call or email.

-Doug Lockin (515.210.6603 or dlockin@mayflowerhomes.com)



Well-Being: Probiotics 101

Having learned about the complex interplay between gut health, mental health and food choices, our focus shifts slightly to the use of supplements to support an optimal microbial balance. While food choices are of highest importance for maintaining this balance, certain supplements (probiotics, prebiotics, and synbiotics) may be a helpful addition. Being such a broad topic, this article discusses probiotics, while saving prebiotics and synbiotics for next time.

Probiotics are live microorganisms that (when given in appropriate dosages) provide a health benefit. These benefits include:

- Outcompeting more harmful microorganisms (promoting a balance of bacteria)
- Interacting with the immune system to regulate immune activity
- Improving nutrient absorption and/or production in the gut
- Producing certain enzymes (improving digestion)

The hormones and neurotransmitters impacting mental health are directly, positively impacted by these benefits.

Probiotics can be found in supplemental form or food sources. Recall the article published in April of this year for a full discussion of ideal probiotic food sources (yogurt; kefir; kombucha; naturally fermented sauerkraut, pickles, and other vegetables, among many others). For many people, these foods are not appealing, nor consumed with adequate frequency or volume to confer a probiotic benefit. In this common situation, supplementation may be a helpful alternative.

The sheer number of probiotic supplements available can be overwhelming. Consider the following if you are shopping for a probiotic:

- Choose a CFU in the billions.
- “CFU” stands for “colony-forming unit:” the unit used for labeling the quantity/dosage of bacteria provided in a serving size.
- Labeling stating the product undergoes valid, independent testing on humans
- Bacterial strains listed by name and health benefit
- Follow manufacturer's instructions for optimal storage conditions
- Refrigeration requirement to extend shelf life

As always, be sure to check with your physician before starting any new supplements for safety and correct dosage. Together with your physician, you can decide if probiotics would be a helpful addition toward greater wellness.

For more information, resources, tips/tricks, visit the International Scientific Association for Probiotics and Prebiotics, at: isappscience.org.

Mayflower Residents Association Meetings

MRA Council Meeting. Monday, June 12th. 2:00pm. Carman Center. All residents are welcome. Only Council members may vote.

MRA Town Meeting. Monday, June 19th. 2:00pm. Carman Center. All residents are invited. All in attendance may vote.

-Gerry Guenther, MRA President

The Voices of String, Women, Piano, and Banjos at Mayflower

During the month of May, the Mayflower Residents Association Lyceum Committee hosted four different performance events. These were the last programs of the season, as Lyceum now is on hiatus until September. The Lyceum Committee hosts various types of entertainment on Thursday evenings for residents and their guests in the Carman Center.



The recent sessions included heralded Grinnell groups, Vox Feminae, the Too Many String Band, and the Grasshoppers, plus youth pianists at recital.

All performances drew significant crowds of Mayflower residents and their guests.



The Grasshoppers were joined by two banjo players who are Grinnell College students. Playing several pop tunes, the band drew in the audience for toe-tapping and singing along. Their encore was “Danny Boy.”

The youth piano recital was performed by Kyla, Cora, and Ariana Edson. Their instructor, Michael Gookin, also performed. He played a piece that he played for his high school senior recital and two movements from a piece he played for his college senior recital.

Vox Feminae (“the voice of woman”) sang songs of spring after introducing themselves. They are an A cappella women's vocal ensemble based in Grinnell. Formed in 2018, the group is comprised of college and community members and meets weekly for rehearsals, general venting about the world, and mutual support. Their repertoire runs the gamut from renaissance madrigals to show tunes and contemporary compositions. Members include Jennifer Williams Brown, Erin Bustin, Carolyn Jacobson, Rebecca Sallee Hanson, Jean Ketter, Jennifer Latham, Kelly Maynard, Elizabeth Prevost, Georgeanna Robinson, Kelly Sandquist, and Melissa Vine.

The Too Many String Band (yes, singular, as in “They are a string band with many members!”) is a long-standing favorite at Mayflower. Besides the quality and enjoyment of their popular and original music, the fact that four members are Mayflower residents helps! And, on the night of performance, they added the granddaughter of residents Sig and Judi Barber, vocalist Ani Ford, GHS class of 2023. Mayflowerians include Sig Barber, Bob Cadmus, and Betty and Sandy Moffett. They closed the night and the season with “Goodnight, Irene.”



-Leslie Jaworski, Community Life Director



Available Mayflower Homes

Traditional Apartments

- Buckley #215. 1,026 sq.ft. Large 1-bdrm. 1½-bath. Carpet. Large rooms. \$72,500
- Buckley #308. 1,021 sq.ft. Large 1-bdrm. 1½-bath. All LVP. Buckley Courtyard balcony. \$75,500
- Buckley #211. 931 sq.ft. Large 1-bdrm. 1½-bath. Pocket office. Two exposures. Outside door and deck. \$78,750
- Altemeier #105. 892 sq.ft. 1-bdrm. 1-bath. Large great room. Kitchen dining space. Washer/dryer. Two exposures. \$67,750
- Edwards #1. 732 sq.ft. 1-bdrm. 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 #314. 498 sq.ft. Studio. Balcony. East windows. \$38,500

Watertower Square Apartments – None available

Harwich Terrace Patio Homes – Three homes coming available. In Wait-List.

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

May 2023 Armchair Travels



Coming Armchair Travel videos (Kiesel Theatre; 2:00-3:30pm):

June 15th

- The Holy Land
- Nepal
- Extra, Swiss Mountain Trek

June 22nd

- Costa Rica & Nicaragua
- Extra, Rio Shopping
- U.S., Hawaii & Midway

July 6th

- European Christmas
- Sweden, Stockholm

July 13th

- Malawi & Zambia
- Vatican City

July 20th

- Dragons
- Italy, Genoa & The Riviera

July 27th

- Israel, Pickles
- U.S. California, Yosemite National Park

-Shane Estes, Resident

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.

Please note a change in the Bible Study schedule for July, August and September. We will be meeting on the first Thursday of the month with a brief Scripture (no discussion) and Holy Communion. All are welcome to attend. Start times remain at 11am. These will take place July 6th, August 3rd, and September 7th.

-Pat Lipton, MRA Spiritual Life Committee Chair

Residents' Birthdays

Ed Phillips on June 12th
Gerry Guenther on June 14th
Chris Day on June 15th
Tom Moore on June 21st
Nancy Roudabush on June 21st
John DeRooi on June 26th

Informer Publication Schedule

Submission deadline: June 16th for publication June 23rd
Submission deadline: June 30th for publication July 7th

In Memoriam:

James Ferguson
Birth: May 14, 1938
Passing: June 4, 2023

Dwight George

Birth: October 1, 1921
Passing: May 29, 2023

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