

Birthdays

Dick Weeks	June 1
Judy Kuehl	June 4
Bev Anderson	June 5
Eva Proudfit	June 7
Marie Eisenman	June 8
Esther Steinert	June 8



Bob Anderson	June 9
Susan Johnson	June 12
Norman Hall	June 12
Mary Sunday	June 18
Jan Luebben	June 22
Ruth Miller	June 22
Richard Watkins	June 24
Loree Rackstraw	June 27

Chapel: Every Tuesday, at 10:00 a.m. in Carman Center - *Coffee, tea & fellowship preceding Chapel at 9:30 & again at 10:30 following the service.* Video tapes/DVD's available from Shane Estes. **SERVICE LEADERS:**

June 4th Brian Mitchell, United Methodist Lay Person

June 11th Bob Williams, Retired U.C.C. Minister & Mayflower Resident

Chaplain Christine Tinker may be reached at 990-9062 - If you would like a visit or would like to talk with me please call me anytime day or night. E-mail address: ctinker@mayflowerhomes.com.

Chaplain Len Eberhart is at Beebe Tuesdays and Wednesdays and available by phone 641-990-3861. Len's ministry is primarily with the Beebe residents.

Between the Bookends: *For the Love of Pete* by Ethel Barker is an orphan train story. Well researched, you will be reminded of a bit of Iowa history. The fictional story tells the adventures of three young street children that were put on a train headed west to live with farm families. They faced challenges of adjustment that you will admire.

The Start of Everything (Large Print) is a complex murder mystery by Emily Windsor, an American author living in England. Detectives Fohmann and Keene investigate the murder of an unknown girl whose body washes up in the fern. Written with multiple first person narrators, the perspective constantly changes. The characters are intricately drawn and this smart psychological thriller will keep the reader involved and guessing until its conclusion.

Between the "Glass Bookends"

1861 - The Civil War by Adam Goodheart

Dearest Friend - Life of Abigail Adams by Lynne Withey

The Light Between Oceans by M.L. Steadman

Driving to Clarinda by Rosanne Bachman



Mann Missive

Why a Senior Living and Healthcare Community? The services and options model provided by The Mayflower Community are referred to “in the trade” as a CCRC—a continuing care retirement community.

There are around 1,900 CCRCs in the United States and about 80% are operated as not-for-profit. Conversely, the large majority of nursing homes and assisted living facilities are not CCRCs and are operated by for-profit owners whose incentive is the dividends they earn through their ownership shares. Grinnell has one for-profit nursing home and one for-profit assisted living “manor,” owned by companies based in Indianapolis and Orlando, respectively, fun sites for corporate trips.

Technically, there are two CCRCs in Grinnell. In order to be so classed, a facility must offer at least one healthcare and one independent home option. Besides Mayflower, there is one other nursing/independent living organization in Grinnell.

In comparison, that facility offers only nursing services and non-healthcare apartments and duplexes while Mayflower offers six levels of care and living: independent living apartments, independent living patio homes, residential care, assisted living, nursing services, and memory support living.

Therefore, I refer to The Mayflower Community as the “only full-service senior living and healthcare community in Grinnell.” We are a CCRC, but the use of the word “retirement” as part of that acronym is misleading, because one does not need to be “retired” to live at Mayflower. We have at least three active farmers who live here....although they currently cannot get into their fields!

A couple of years ago, four of our residents were shop owners in Grinnell’s Marketplace on Main...putting in long retail hours! Among Mayflower residents are included these working people: professors, attorney, grant-writer, church music director, church pianist, chaplain, facilities assistant, researcher, interim and pulpit-supply pastors.

In addition, among our residents are a metal model builder, brew master, stained glass maker, seamstresses, wood workers, pianists, musicians, van drivers, photographers, Sunday school teachers, public school tutors, SHIP counselor, community activist, gardeners, weavers, gourmet cooks, artists, model railroad enthusiasts using the Mayflower Depot Express building, and community organization volunteers.

Retired? I don’t think so! I hereby announce that although generically, The Mayflower Community is a CCRC, I intend to no longer use that term. Instead, I will refer to what we do here as a senior living and healthcare community.

I will be writing in this space about this way of life. Syntax will be a part of this—it always is with me! But, how we do this thing will be my primary focus.

Here is the first glimpse: People choose to move to Mayflower because of our lifetime housing options, social activities, connectedness (figurative and literal), and increased or decreased levels of care as needs change.

Bob Mann,
Executive Director
(bmann@mayflowerhomes.com)



RINNELL CHRISTIAN SCHOOL



Kid's Program

Friday, May 31st at 1:00 p.m.

Carman Center



SENIOR SUMMER COMPUTER SERIES AT MAYFLOWER

Monday & Wednesday afternoon, 2-4 p.m. in the Bistro

Computers 101

June 3rd & 5th or June 24th & 26th - Cost \$59

Basics for the beginner plus info for the self-taught

Internet 101

June 10th & 12th or July 8th & 10th - Cost \$59

Pre-Req: Computers 101

*Discover the wonders of the world wide web
and learn how to surf in safety*



*Must pre-register with Iowa Valley Continuing Education
Registration forms are available in the Pearson Office*



A MATTER OF BALANCE: *Managing Concerns about Falls*

Classes start July 9, 2013

Tuesdays & Thursdays 1:00 - 3:00 p.m.
in Montgomery Lounge

Class Dates:

July 9 & 11

July 16 & 18

July 23 & 25 -

July 30 & Aug 1

Registration Deadline - July 1 Fee \$15

To Register Call:

**Janet Buls 1-800-779-8707 (Hawkeye Valley Area Agency on Aging) or
Anne Sunday 319-290-9171 (Mayflower Activities)**

You should attend if you:

- Have concerns about falling
- Want to improve balance, flexibility and strength
- Have fallen in the past
- Restrict activities due to fall concerns

*Designed to benefit
adults who are age 60
or older, ambulatory &
able to problem solve*

EXERCISE YOUR BRAIN!



The **B.E.S.T** way to beat the heat is to do **Brain Exercises** in the **SummerTime** on **Thursday Nights in the Bistro**

John Noer will be offering a variety of pen and paper word games beginning at 7:00 p.m. on the following nights:

June 6th

June 27th

July 18th



July 25th

August 1st

August 8th

**MAYFLOWER WARM WATER
EXERCISE CLASS HELD AT GRMC**

Mondays and Wednesdays 9:00 – 10:00 a.m.

**Van will pick up at
Beebe Circle & Pearson at 8:45 a.m.**

Cost: \$40 per Month

Class Size Is Limited to 7 Persons (only 3 slots available)

**Please Call Anne Sunday, IL Activities Coordinator
for a Registration Form 236-9041 or cell - 319-290-9171**

Class Begins Monday, June 3

Have Fun, Get Healthy!

MAYFLOWER BOOK CLUB - *NOTE NEW TIME!*

Fridays at 1:00 p.m. in the Game Room



June 21 - *Round the Bend* by Nevil Shute



**July 19 - *The Unlikely Pilgrimage of Harold Fry*
by Rachel Joyce**



Strawberry Festival

 *Thursday,
June 13th*

9:30 a.m.

*Meet to hull strawberries
in the Anchor Room*

6:30 p.m.

*Ice Cream & Strawberries
in Buckley Dining Room*

No charge and no need for reservations!

Doors open at 6:30 p.m.

Please no early birds 

*Mayflower
Residents Only*

WINE & CHEESE

Friday, May 31st at 4:30 p.m. Buckley Dining Room



BREAKFAST BUNCH

Saturday, 8:00 a.m. June 1st - Meet in Pearson

CHUONG GARDEN

Sunday, June 2nd - Leave Pearson at 6:00 p.m. - Chinese Supper

DON'T FORGET - THE NEW MEN'S COFFEE HOUR

Thursday, June 6th - Buckley 3rd Floor at 9:00 a.m. - Coffee & Cookies

PIZZA RANCH

Sunday, June 9th - Leave Pearson at 6:00 p.m. - Sunday Pizza Party

EVERY MONDAY, 7:00 p.m. -TRIVIAL PURSUIT in Montgomery Lounge

EVERY TUESDAY, 6:00 p.m.-TABLE TENNIS in Sports Room, LL HC

EVERY WEDNESDAY, 6:30 p.m. -GAME NITE in the Anchor- Free ice cream

EVERY THURSDAY, 10:00 a.m.-TABLE TENNIS in Sports Room. LL HC

EVERY FRIDAY, 9:30 a.m. -KOFFEE & KONVERSATION-Buckley Dining Rm

Theraband Exercise 5 times a week!

Monday, Beebe Activity Room at 11:00 a.m.

Tuesday, Montgomery Lounge at 3:30 p.m.

Wednesday, Beebe Activity Room at 11:00 a.m.

Thursday, Montgomery Lounge at 3:30 p.m.

Friday, Beebe Activity Room at 11:00 a.m.



Tuesday & Thursday 11:00 a.m. Exercise Program in the Wellness Center.

The Mayflower Poetry Club: The Poetry Club meets on the 2nd Monday of the Month - next meeting will be **June 10th at 2:15 p.m.** in the Game Room,

Dean Kayser (Audiologist): Independent residents can make an appointment by calling 236-6676.

Dr. Newman (Podiatrist): Call Myrt at the health center desk (ext. 210) to schedule an appointment with Dr. Newman.

Dr. McKnight (Podiatrist): To make an appointment call Connie 236-6151 ext 219.

Wal-Mart and Grocery Van Trips: The Mayflower van will be making a trip to Wal-Mart, Fareway, McNally's & Hy-Vee each Tuesday at 1:30. Passengers are picked up at Beebe Hall circle drive and Pearson Hall front entrance.

ALL-CAMPUS NEIGHBORHOOD MEETING



Tuesday, June 11
at 3:00 p.m. in the Carman Center
All residents are encouraged to attend



Senior Education Program: Change of program for Monday June 3rd “Poweshiek County’s Drug Enforcement Program” with Deputy Matt Maschmann and Deputy Kilo. Kilo is trained and certified in narcotics detection, evidence searches, and tracking. The program begins at 10:00 a.m. in the Caulkins Community Room at the Drake Community Library. The program is free and open to the public. No registration is necessary. Tracy Stanford’s program on Herbs, Supplements, Vitamins, and Your Prescriptions” will be rescheduled.



JOIN US FOR A FUN-FILLED DAY-TRIP
ON THURSDAY, JUNE 6!



BLANK PARK ZOO -- “Iowa’s Wildest Adventure”
LUNCH AT THE DES MOINES ART CENTER

Mayflower Van Leaves Pearson Circle at 7:45 a.m.

Transportation Fee: A fee will be calculated for use of the van and any drivers of cars willing to provide carpooling when the van is filled.

Zoo Admission: \$9 Senior Rate (Group of 20 persons \$6)
5 Free Wheel Chairs and 2 Motorized Scooters @ \$18 (First Come First Serve). Zoo Exhibits are close together and the Zoo and Art Center have benches for resting. **Bring your water bottles and sunscreen to the zoo.**

Sign-up Sheet Is Located in Pearson Lobby

Neighborhood groups for meals

June 3 Altemeier, Montgomery, Harwich Terrace South

June 10 Buckley 1st, Pearson, Harwich Terrace North

June 17 Buckley 2nd, Edwards, Harwich Terrace East

June 24 Buckley 3rd, Prairie Pointe, Harwich Terrace Southeast



MRA 2014 - UPDATE - With 82 giving units responding in week #2 of the 2014 MRA Fund Drive, we have received \$7,392. Thanks for your generous support!

On the Podium for the month of June is **Seeing Trees**, looking closely at the bark, seeds, leaves, etc. of many varieties.

Mayflower Treasure Chest for the month of June is wedding memorabilia from Jan Williams.



Thursday Music in the Park

Live Music in Grinnell's Central Park Gazebo

June 6th

Erik Jarvis & Katie In at 5:30 p.m.

Grinnell Community Band at 7:00 p.m.

Farmers Market in Central Park

Thursday, June 6th

3:00 - 6:00 p.m.

&

Saturday, June 8th

10:00 a.m. - Noon

Fresh produce, delicious baked goods
and handmade items!

