

**Birthdays:**

Dick Weeks	June 1	Marie Eisenman	June 8	Jan Luebben	June 22
Ruth Webb	June 1	Esther Steinert	June 8	Ruth Miller	June 22
Judy Kuehl	June 4	Bob Anderson	June 9	Richard Watkins	June 22
Bev Anderson	June 5	Susan Johnson	June 12	Loree Rackstraw	June 27
Eva Proudfit	June 7	Mary Sunday	June 18	Clarence Sears	June 29



**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 5<sup>th</sup>** Rev. Gordon Packard, Retired Methodist Minister  
**June 12<sup>th</sup>** Jean Libbey, UCC

*Weekend worship services* every Saturday at 11:00 - 11:30 a.m. in the Health Center activity room. Everyone is welcome.


**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.

**Between the Bookends:** *Five Sisters, the Langhorne of Virginia*, by James Fox, is excellent biography and social history. The most prominent of the Langhorne sisters was Nancy, who married Waldorf Astor and who for twenty-five years represented a rough constituency in Britain's House of Commons. The Astors and their associates were deeply involved in the politics and diplomacy preceding World War II. The stories of Nancy Astor and her sisters and their families make very interesting reading.

Fans of author Robert B. Parker will welcome two Jesse Stone novels, *Night and Day* (2009) and *Split Image* (2010). Both find the Chief of Police of Paradise, Massachusetts tracking down miscreants in the Boston area. Jesse continues to struggle with his personal demons, helped by his pal Sunny Randall, his therapist Dix and other familiar characters. Nice lean writing!



*We celebrate the life of Mary Henderson  
 who passed away Wednesday, May 16, 2012  
 She was 86 years old*



## Mann Missive

Beauty Parlor Consolidation. Effective this week, we have combined our two beauty parlors into the one located on the second floor of the Health Center. It has been remodeled and enhanced. A fresh coat of paint is on the walls and the flooring is new vinyl wood floor planks. There is now a flat screen TV on the wall near the hair-wash sinks. Come and see yet-another Mayflower beautiful space.

So, what will become of the old beauty parlor in the lower level of Beebe? Plans are being considered. When they are more realistic, including the cost factors, we will likely hold a special meeting to discuss with interested residents.

Mayflower Gardens and Grounds... Beaaaaautiful! Walk this place. Isn't it striking?! Of course, sometimes it is hard to see all the landscape and plantings because of the large number of residents and staff working to create this wonderland. Our grounds are certainly a labor of love...and beauty. Thank you, to all who are making a difference in this showplace.

Golf Carts...They Are "Green!" You have probably noticed one or two or three golf carts motoring around campus or parked somewhere on the grounds. We now own two, thanks to gifts from donors. In addition, a couple of staff members have shared their own carts at times. This mode of transporting working staff and, at times, residents around campus saves time, parking space, and fuel (They are battery-powered!).

Book of Remembrance. There has been recent discussion among residents about the use of the bound record book (sometimes referred to as the "Memorial Book") that is displayed on the stand at the east end of the Beebe/Health Center skywalk. Recently, the MRA leadership, along with Mayflower senior staff, discussed the criteria for listing in the book. As this is a Mayflower resource, the Mayflower definition of "resident" was adopted.

As of June 1, 2012, the listings in the Book of Remembrance will include people who were Mayflower residents at the time of their death. Simply, this is anyone whose primary residence includes a bed on campus and who is responsible for the associated fees. This includes all independent living and healthcare (Beebe/Health Center/South Village) residents.

People who live at Mayflower but move away to a new residence prior to their death will be remembered in a second vehicle, yet to be defined. Our goal is to create an historic record of anyone who has ever lived at Mayflower, including her/his move-in and, if applicable, move-out dates.

Mayflower Residents Stay Active and Continue to Grow. Elsewhere in this newsletter, you will find an article and photo published by the *Grinnell Herald-Register* on May 25, 2012 that we reprint with permission. It is a story about the "Bucket Courses" that have been offered for the last three years by the Committee Education Council (CEC), a local volunteer organization co-founded five years ago by Mayflower resident, Joanne Bunge; Grinnell College; the Grinnell Regional Medical Center; and The Mayflower Community. Joanne has chaired the CEC since day one. It is now a partner organization under the not-for-profit umbrella of the Greater Poweshiek Community Foundation and is comprised of an additional five Grinnell not-for-profit organizations.

The published article honors people who have attended all six of the programs offered during 2011 and 2012. Now get this: Of the 20 honorees, 16 are either current Mayflower residents or members of our Wait-List! I am reminded of a comment shared with me some years ago by a community engagement person at the College: "We usually don't ask Mayflower residents to volunteer any more. They are way too busy!"

We come to Mayflower to LIVE!

Bob Mann, Executive Director ([bmamm@mayflowerhomes.com](mailto:bmamm@mayflowerhomes.com))

*Between the Bookends continued: The Butterfly Cabinet*, by Bernie McGill, focuses on the inhabitants (both upstairs and downstairs) of a castle in northern Ireland in the late 19th century. The 4 year old daughter of the master is found dead after being locked in the wardrobe room for 3 hours as a punishment, and her mother is suspected of murder. This is lyrically told in alternating chapters from the mother's prison diary and the children's nanny.

*Private Games*, by James Patterson and Mark Sullivan, is a novel about this year's summer Olympics in London. It is a plausible account of the process through which planning becomes reality with all of the ups-and-downs, forward and backward actions of that process. While not as fast-paced as some readers might prefer, it is nevertheless an absorbing read which picks up pace as the reader gets into it.

**SENIOR EDUCATION PROGRAM:** Humanities Iowa speaker, David Connon, will present, **"Iowans Who Fought Against the Union"** at the Grinnell Regional Medical Center Senior Education (SE\*ED) program on **Monday, June 4, from 10 to 11 a.m.** at the Drake Community Library.



I would like to take time to acknowledge the work of Dorothy Meyers who worked so hard to get the Green Team moving.

Thank you Dorothy!

Let us accept Dorothy's challenge to have residents pledge to go green in specific ways.

*Bob Williams,  
for the Green Team*



Another Mayflower campus beauty spot. This view looks southwest from the Pearson/Montgomery "Secret Garden" lovingly tended by residents, including Deena and Beryl Wellborn.



# Coming Soon!



Sunday, June 3

3:00 p.m. in the Carman Center

*Veldboom Family Piano Music Recital*

Children of all ages performing a variety of piano music

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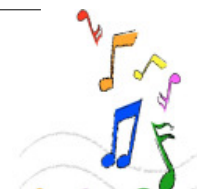
Monday, June 4

3:30 p.m. in the Carman Center

*Dennis Perry*

He will perform a variety of vocal and guitar music from 40s dance tunes to classic country

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1st & 3rd Sundays of each month at Pizza Ranch

Sunday, June 3 - Leave Pearson at 6:00 p.m.

*Sunday Pizza Party*

Let Netia know if you want to join the group so she can arrange transportation 236-4757

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Ice Cream ~ Strawberry Festival

Thursday, June 7th at 6:30 p.m. - Buckley Courtyard

*Homemade Ice Cream & Fresh Strawberries*

Help Hull the Strawberries for the Strawberry Festival  
Thursday Morning, June 7th in The Anchor, 9:30 a.m.

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Sunday, June, 10

Buckley Dining Room

2:00 - 4:00 p.m.

*60th Wedding Reception for Verlene & Orlan Mitchell  
Everyone Welcome!*

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



*Mayflower Book Club*

June 15 - *Horse Soldiers* - by Doug Stanton

July 20 - *Major Pettigrew's Last Stand* - by Helen Simonson



## Health Services at Mayflower

Mayflower has a unique opportunity to partner with Grinnell Regional Medical Center's Mobile Lab Services to provide a monthly blood draw clinic on our campus. Those that might be interested would be individuals that have their blood drawn monthly to monitor their hemoglobin or Coumadin level or would like the convenience and cost savings of having blood drawn at Mayflower. The Hospital will bill your insurance carrier the same as if you were having blood drawn at the Hospital. If you are interested, please call Kellie McGriff at 641-236-6151 Ext. 162 and provide your name, physician, and type of lab test. In order to determine if there is sufficient interest to do this at Mayflower, we need to hear from you **no later than June 8<sup>th</sup>**.

If you have ideas for additional services that we could provide through The Mayflower Home Services program, please call me. I would appreciate hearing any ideas that would improve your quality of life at Mayflower.

Kellie McGriff RN/BSN, Director of Home Services



## "Walk the Talk" .... Mayflower Style!

Mayflower has received a grant from Poweshiek County Alliance that will provide staff and residents with an opportunity to earn up to \$2,000 for the Human Needs Endowment Fund. All we have to do is record our physical activity – ANY physical activity – which will earn donation dollars for the fund.

Every 15 minutes of activity that is logged will earn \$1 from the grant for the Human Needs Endowment Fund!

Count your minutes any time you are physically active such as walking, swimming, or sitting exercises. Record your daily total minutes on a recording form provided. Turn in your recording form to Activity Central "Walk the Talk Mayflower Style" box located in the Pearson Lobby. It's as easy as that.

Come for a healthy snack and information about the "Walk the Talk Mayflower Style" project at **3:00 p.m. on Thursday, June 14<sup>th</sup> in the Buckley Dining Room.**

Kellie McGriff, Director of Health Services

# Loyal Bucket Course attendees honored - all 20 of them!

This year's Bucket Courses sponsored by the Community Education Council drew a record number of loyal followers. A total of 20 people were honored earlier this month as "Bucketeteers," based on their enrollment in all six of the 2011-2012 Bucket Courses. A year ago, eight people received the designation.

The 20 are Joan Baker, Judi Barber, Kae Beck, Mike Beck, Dorothy Breuning, JoAnn Britton, Robert Cech, Phyllis Christiansen, Betty Anne Francis, Ruth Greenwald, Tommy Haas, Art Heimann, Jim Kottmeier, Jean Libbey, Carol Nielsen, Loree Rackstraw, Monte Redenius, Nancy Wolff and Merle Zirkle. Each received a symbolic bucket and free tuition for one course next year.

The Bucket Courses,

whose name refers to "everything you want to know before you kick the bucket," are a series of weekly classes on specific topics taught by experts in their fields, most of them faculty members at Grinnell College. This year's courses have ranged in length from three to six weeks.

The topics have included history, psychiatry, music, biotechnology, philosophy and classics. The presenters have been Beryl Clotfelter, George Drake, Dr. Peter Daniolos, Eric McIntyre, Diane Robertson, Dr. J.R. Paulson and Monessa Cummins.

DVDs of each course are available for checkout at the Drake Community Library.

The Bucket Courses will resume in early September with a course titled "Korea: Called the 'Forgotten,' taught by Lt. Col.

(Ret.) James Ahrens, professor of history emeritus, Wentworth Military Academy Junior College, Lexington, MO.

Joanne Bunge heads the Community Education Council and coordinates the Bucket Courses. Members of the Bucket Course Planning Committee are Jim Ahrens, Annette Cech, George Drake, Jack Gustafson, Mary Schuchmann and Netia Worley. Monique Shore represents the Drake Community Library on the committee.

Participants in the Community Education Council are Grinnell Regional Medical Center, Grinnell College, Drake Community Library, Grinnell-Newburg School District, Grinnell Area Arts Council, Mayflower Community and Iowa Valley Community College.



Honored as "Bucketeteers" for enrolling in all six Bucket Courses offered this year by the Community Education Council were (first row, left to right) Robert Cech, Jean Libbey, Betty Anne Francis, Judi Barber; (second row) Merle Zirkle, Phyllis Christiansen; (third row) Ruth

Greenwald, Suzanne Redenius, Tommy Haas, Loree Rackstraw, Joann Britton, Nancy Wolff, Art Heimann; (back row) Joan Baker, Monte Redenius, Jim Kottmeier, Dorothy Breuning, Carol Nielsen. Not pictured: Kae and Mike Beck.

*Reprinted with permission from the May 25, 2012 Grinnell Herald-Register*



## "HI ... HO ... PREPARE FOR THE FAIR!"

The third edition of our great MRA State Fair party, (*Thursday, August 16th*) is open to all Mayflowerites, with a wide range of categories to choose from for entries. All entries in categories #4 - #6 should not have been entered in previous MRA State Fairs.

All the local Garden Centers are bursting with veggie plants or your favorite flower variety to plant and "baby along" to claim a Blue Ribbon entry in the competition. Get creative with paint, pencil, or camera and enter the masterpiece that will "catch the judges eye." Exercise those arthritic hands to build, knit or sew a neat Hand Craft, or "dust off" a family treasure for the Heir-loom competition. Put a "special twist" on your favorite recipe and prepare that classic dessert, that after judging, will "top off" Scott's famous "FOOD on a STICK" buffet Dinner.

### Prize Categories

- 1) **Vegetables** - Best single or group of vegetables
- 2) **Baking** - Best bar, cookie, cake, pie, or other Dessert (after judging these will be served at our State Fair dinner)
- 3) **Flowers** - Best single flower or floral arrangement of single or mixed variety
- 4) **Hand Crafts** - Best hand-made item ... needle work, quilt, sewing, wood working, etc.
- 5) **Heirloom** - A Family Treasure ... glassware, textile, crystal, etc. (no furniture)
- 6) **Photography or Art Work**-photos, drawing, painting, sculpture, etc.



Remember, "*you can't win if you don't enter,*" so join the fun and "SEE YOU at the FAIR"!

#### Tuesday & Thursday

11:00 a.m.

Exercise Program in the Wellness Center.



#### Theraband Exercise now 6 times a week!

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

Tuesday, Montgomery Lounge 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.

Buckley Dining Room 3:00 p.m.

**The Mayflower Poetry Club:** We meet the 2nd and 4th Monday of each month. The next meeting of the Mayflower Poets will be **June 11 at 9:30** in the Game Rm, Buckley 107.

**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.

## Neighborhood groups for meals

- June 4 Altemeier, Montgomery, Harwich Terrace South  
June 11 Buckley 1st, Pearson, Harwich Terrace North  
June 18 Buckley 2nd, Edwards, Harwich Terrace East  
June 25 Buckley 3rd, Prairie Pointe, Harwich Terrace Southeast



On the Podium for June (the wedding month) is Kennedy Weddings, with pictures from 3 generations of the famous family.

**Reminder:** If you received a survey from Grinnell College Professor Karla Erickson, please mail back the survey by June 10 if you wish to participate. Or contact her by email (ericksok@grinnell.edu) if you wish to receive an electronic copy of the survey. Responses will remain confidential.

Hy-Vee donated \$149.56 to the Mayflower Human Needs Endowment Fund. Thanks to all who contributed. *Bob & Jan Williams*



**Need a ride to the ACES courses** this summer and don't know whom to ask? One of our new residents, Anne Sunday, is willing to take people to the ACES courses this summer. If you would like a ride to any of the courses, call Anne at 236-9041 or email her at revsunday1@yahoo.com. she asks only a modest \$3.00 round trip. She will use her own very comfortable car, and will pick you up wherever you wish! Please contact Anne by **Monday, June 4**, if you need a ride. Thank you.

## **PRIME TIME CAMP, PILGRIM HEIGHTS**



If you would enjoy a peace filled, air conditioned getaway with all the comforts of a beautiful facility, look into taking part in the **PRIME TIME CAMP** at Pilgrim Heights. You can participate one day or up to five days. Information folders will soon be available at "Activities Central" in Pearson Lobby. Optional daily activities, faith exploration, rest and relaxation. The dates are July 10-14 . Questions? Call Wilma Graden at 236-5293 or Netia Worley at 236-4757. Leaders are John Saxton, Audrey Kuhl & Wilma Graden. Day trips to be arranged.

**\*\*\*BUCKLEY 3rd FLOOR MOVIE at 6:30 p.m - Friday June 1\*\*\***

**Notes  
from  
Netia**



**SATURDAY, 8:00 a.m. June 2 -BREAKFAST BUNCH-Meet in Pearson**  
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 of HC  
EVERY FRIDAY, 9:30 a.m. KOFFEE & KONVERSATION - Buckley Dining Rm.