
Birthdays

Mary Sunday June 18
Jan Luebben June 22



Ruth Miller June 22
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 18th Len Eberhart, Retired UMC Minister & Beebe Chaplain
June 25th Laura Nelson-Lof, U.C.C. Lay Person

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: *The Jewels of Paradise*, by Donna Leon, is a book for music lovers. It is a mystery novel set in Venice and based on the life of Italian Baroque composer and cleric Agostino Steffani. One of the pleasures of this book is the author's occasional commentary concerning current Italian life--always interesting!

Out Stealing Horses was originally written in Norwegian by Per Petterson and translated into English by Anne Born in 2005. Cited in The New York Times as "one of the 10 best books of the year," it is an engaging account of a man in his 60's reminiscing about his boyhood and early years growing up in Norway. A good read, indeed.

Between the "Glass Bookends"



You Can't Dream Big Enough by Orion Samuelson (the American farmer's best friend)
The Sandcastle Girls by Chris Bohjalian
A Man's Search for Meaning by Viktor E. Frankl

In Memoriam We celebrate the life of **Lloyd (Keith) Grovenburg** who died Friday, June 7th - He was 79 years old.



Mann Missive

Senior Living and Healthcare. The purpose of today's column is to explore the why and what of living in The Mayflower Community. I started this series in the previous column by explaining that I will refer to our kind of living and are as "senior living and healthcare."

We are senior living because one of the requirements for living in a Mayflower home is meeting the minimum age requirement of 55+. Of course, there are other requirements, like being nice! But, basically, if an individual or couple determines that they want what Mayflower has to offer, they are welcome to join us if they are 55+ and wish to live in community with others.

The other part of living in The Mayflower Community is "healthcare." This includes services in one's home, on campus or off, and a number of levels of nursing assistance in our live-in alternatives—Beebe, Health Center, and South Village.

So, why live here? According to a recent AARP publication, senior living/healthcare communities, "...offer a tiered approach to the aging process, accommodating residents' changing needs. Upon entering, healthy adults can reside independently in single-family homes or apartments. When assistance with everyday activities becomes necessary, they can move into assisted living or nursing care facilities."

"These communities give older adults the option to live in one location for the duration of their life, with much of their future care already figured out." This option provides residents and their offspring, a great level of comfort, taking much of the stress out of the caregiving relationship.

An article posted on the U.S. Dept. of Health and Human Services' LongTermCare.gov website states, "Joining a [senior living/healthcare community] is a way of obtaining

long-term care services more easily. When you need more care or are unable to live independently, you can move to the assisted living facility on campus. Should you need the next level of care, you can move into the on-site [Health Center]."

There are a number of different kinds of senior living/healthcare community contracts. The Mayflower type is referred to as a "Type B" or "Modified" contract. This means that we offer a set of services provided to residents living independently for a monthly Service Fee (plus Property Tax). These services are priced near their cost for the entire pool of residents living in apartments and patio homes.

Under the Type B or Modified contract, healthcare services not covered by Medicare are provided to residents (in Beebe/Health Center/South Village) at a reduced cost, and space is made available on a priority basis.

There is sometimes confusion with another type of contract offered in a limited number of senior living/healthcare communities: The "Type A" or "Life Care" contract. This offers unlimited assisted living or nursing facility care without additional base cost. There may be additional charges for nursing services or supplies provided in the healthcare setting.

The life care contract monthly fee is significantly more expensive than the Type B (Mayflower type) because it is basically an insurance policy for a pool of residents, some of whom will require extensive healthcare during their lives.

Just getting warmed up...watch for more senior living/healthcare community information in future columns.

Bob Mann

Executive Director

(bm Mann@mayflowerhomes.com)

HIGH MARKS!

Mayflower Health Center recently completed two annual surveys with outstanding outcomes. The Iowa Department of Inspections and Appeals found only two deficiencies which were corrected prior to the end of the survey. The Fire Marshal's survey also resulted in two deficiencies, both of which we corrected immediately. None of the deficiencies involved resident care performance.

Ed Poush, Administrator

Emergency Response at Mayflower Community



If you need emergency assistance for a situation that could be life threatening, call 911, then call the general number (236-6151) and ask for Beebe. If your call is answered by the automatic (after-hours) attendant, press 4 on your telephone keypad to be connected to Beebe staff.

If the emergency is not life threatening, omit calling 911. Pushing the button on a Code Alert transmitter eliminates the need to call Beebe.

Beebe nurses have a portable phone with them if they are not in the Beebe office. This means your call should be answered day or night. Staff will come to your home as quickly as possible.

If the call is for staff to check on a resident who does not answer his/her phone or door, the Beebe nurse will not be able to enter that home until a 2nd staff member is available to provide accompaniment. If, for any reason, Beebe staff doesn't answer, hang up, dial back in, and press 5 to be connected to the Health Center for assistance.



Important future date for apartment and Harwich Terrace Residents.

Flu shots will be available on our campus on **Thursday, September 26, 10:00 a.m. - 11:30 a.m. in the Carman Center** through Grinnell Regional Medical Center Public Health Department. Medicare will pay 100% of the Flu vaccine, including the high dose vaccine which is available for those over 65. Please bring your insurance cards with you. You will need both Medicare and Supplemental insurance cards. Medicare HMO will not cover the flu shot so they will use the supplemental in that case. Health Center and Beebe residents will be receiving their inoculations at a different time.

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 27, July 18, July 25, August 1 & August 8.**



It's a 95th Birthday Celebration!

Open House for Sue Johnson

June 16th - 2:00-4:00 p.m.

Buckley Dining Room



Music with Dennis Perry

Carman Center on Monday, June 24th at 3:30 p.m.

He will perform a variety of Music from 40's dance tunes to country - Everyone Welcome!



Cookin' with Gus: A comedy by Jim Brochu - with the chance at her own television show being dangled in front of her like a perfectly glazed carrot, famous cookbook author Gussie Richardson decides to face her fear of the cameras to tape a cooking segment.

We are planning a trip to see this comedy at The Old Creamery Theatre in Amana on Thursday, June 27. We plan to leave at 1:00 p.m. for the 3:00 p.m. show. Please make your reservation by June 19 by calling 236-6151 ext 231 Tracy or ext 253 Chery. Perhaps you would like to carpool and dine in the Amanas before or after the show. If we have vacant seats in our van, you can ride with us. Tickets are \$29.50 or \$23.50 if we have 15 or more in our group. *Come join the fun!*

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



FREEDOM STAR

Spaulding Center for Transportation Presents
Gertie's Journey on the Underground Railroad

Friday, June 21 at 2:00 p.m.

Contact the Spaulding Center Office for tickets
829 Spring Street - 236-9860 - cost \$5.00

The Mayflower van will provide free transportation
Will pick up at Pearson at 1:30 p.m.

Please Sign up at Pearson Office by Wednesday June 19th

CROSSROADS C • E • N • T • E • R

COMING IN JULY – SHOPPING TRIP TO CROSSROADS MALL IN WATERLOO

Crossroads is bigger than Marshalltown but not as spread out as Coralville Mall
Two hours of shopping plus lunch

Van will leave Beebe and Pearson on
Saturday, July 13, at 9:00 a.m.



Anchor Stores: Dillard's, Sears, Penneys, Younkers

Men's Wearhouse, Christian Bookstore, Barnes & Noble, Best Buy, Staples, Hobby Lobby are across from the mall, and Anne can drop off those who wish to visit these stores.

Drivers will be needed if more than 12 persons wish to go. Please call Anne Sunday, IL Activities Coordinator (C: 319-290-9171) with questions or see her in the dining room. Let her know if you are available to be a driver if needed.

A listing of mall stores and a sign-up sheet are available in Pearson.



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)

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*

**"ZIP-A-DEE DO DA ZIP-A-DEE AY
START THINKIN MRA STATE FAIR DAY!"**



With our first 90F day in the books, its time to start your plans to participate in the **great 2013 MRA State Fair** party, set for **Thursday afternoon and evening, August 15.**

Get a head start on creating that unique **HAND CRAFT** project, polish up your family **HEIRLOOM** for all to admire, cultivate the plant that produces the flowers for that classic **ARRANGEMENT**, snap a special **PHOTO** or **DRAW/PAINT** the masterpiece that will "catch the judges eye and dust off your favorite recipe book to prepare a mouth watering **DESSERT**, that after judging, will "top off" Scotts famous "**FOOD on a STICK**" buffet Dinner.

Prize Categories

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

Remember, "those who hesitate are lost," so don't procrastinate BUT participate!

Join the fun and "SEE YOU at the FAIR"!



BREAKFAST BUNCH

Saturday, 8:00 a.m. June 15th - *Meet in Pearson*

CHUONG GARDEN

Sunday, June 16th - Leave Pearson at 6:00 p.m. - *Chinese Supper*

THE NEW MEN'S COFFEE HOUR

Thursday, June 20th - Buckley 3rd Floor at 9:00 a.m. - *Coffee & Cookies*

PIZZA RANCH

Sunday, June 23rd - 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.

Sing for Fun will meet 3:30 p.m. Thursday, June 20th in the Health Center Activity Room. Come join us as we sing with Health Center residents & celebrate June birthdays.

The Mayflower Poetry Club: The Poetry Club meets on the 2nd Monday of the Month - next meeting will be July 8th 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.

Neighborhood groups for meals

June 17 Buckley 2nd, Edwards, Harwich Terrace East

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



Marianne Smith, PhD, the University of Iowa, will be giving a guest lecture on "Caring for Persons with Dementia," **2:00 p.m., Thursday, June 27, in the Carman Center.** Residents and staff are invited to hear this outstanding presenter and educator.

SENIOR SUMMER COMPUTER SERIES AT MAYFLOWER

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

Computers 101

June 24th & 26th - Cost \$59

Basics for the beginner plus info for the self-taught

Internet 101

July 8th & 10th - Cost \$59 - Pre-Req: Computers 101

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

Must pre-register with Iowa Valley Continuing Education

Registration forms are available in the Pearson Office



St. Paul's Episcopal Church

Sunday, June 23rd at noon in the yard

Bring your bike of any kind - Everybody under the sun is welcome

Join us for a short ride and picnic in our yard afterward

(helmet please, if you ride with us - thanks)

We are at 1026 State Street 641-236-6254

BLESSING OF THE BICYCLES



Thank You: A heartfelt thank you to all of the Mayflower residents who were so kind. We were able to purchase "new to us!" furnishings and are now at home in an apartment on higher ground. I am fortunate to be surrounded by such a caring and generous group. *Sue Allen & family*

Found: Hearing Aid - please claim in Pearson Office

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.