



Birthdays:

Earl Blair	July 4		Erma DePauw	July 13	Glenn Stevenson	July 19
Don Kirts	July 5		Carol Nielsen	July 13	Deena Wellborn	July 20
Ruth Greenwald	July 6		Walda Gustafson	July 14	Harley Henry	July 22
Carol Arendt	July 9		Howard Burkle	July 15	Doris Pearce	July 23
Victor Graden	July 11		Louise McLain	July 15	Margaret Plagmann	July 24
Bob Baumann	July 11		Elsie Johnston	July 15	Miriam Baumann	July 25
Steve Lovig	July 12		Charles Manly	July 18	John Marwin	July 29
					Edgar Anderson	July 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:*

July 2nd Wendy Abrahamson Pastor of St. Paul's Episcopal Church

July 9th Craig Smith Pastor of Grinnell Christian Church

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: *Killing Kennedy* by Bill O'Reilly and Martin Dugard. Bill O'Reilly is the "most politically talked about commentator in America." Martin Dugard is a New York Times best selling author and noted historian. They have put together a riveting and climactic account of the assassination of President Kennedy. It is also a penetrating look at the cultural and political events nationally and internationally, including the Viet Nam war and civil rights movement, which surrounded that fateful day that changed life in America forever. You may already know O'Reilly for his best selling controversial *Killing Lincoln*.

Peak Practice II by Tom McGregor is a large print book of fiction. The whole of Cardale celebrated when Jack Kerruish and Beth Glover finally married. Now a year has passed and The Beeches Surgery has seen some dramatic changes. So Beth is especially looking forward to celebrating her first wedding anniversary, but anticipation turns to panic when Jack - called out to a major accident - fails to return.....

Between the Bookends: *The Hit* by David Baldacci

Mountains Beyond Mountains by Tracy Kidder

Nora Roberts Trilogy *The Next Always*

The Last Boyfriend

The Perfect Hope



Mann Missive

Fighting Flood Waters with Strong Backs and Good Equipment. On Memorial Day weekend, Grinnell got hit with rains in excess of seven inches. We have had one or two incidents of basement water in our 27 years of doing Harwich Terrace patio homes. However, on Sunday, May 26th, 17 of 50 patio homes had some kind of water in the basement.

When you consider reports that 70-75% of Grinnell basements had water, many of which for the first time, our 34% of Mayflower homes seemed less overwhelming.

There is additional good news: As of now, almost a month later, there has been minimal (if any) damage to floor coverings and walls. Our staff responded before sunrise that morning and began vacuuming and extracting water followed by drying efforts. Subsequently, we cleaned carpets and floors and used an ozonator in each basement to eliminate any risk of mold or mildew.

If residents needed heavy moving or carrying, our staff accomplished that. But, a drive through our neighborhoods the following day, found essentially no personal possessions on curbsides!

A Mayflower Trustee who lives in Grinnell observed that his family had water in their basement for the first time ever, causing major floor, wall, and possession damage. "And, we didn't have anyone to help us do the clean-up!" Another reason for choosing Mayflower...community, security, and help when you need it.

Where Do I Go in the Event of Severe Weather? As we are in Iowa's rainstorm and tornado season, we remind independent

living residents about your options for seeking safe shelter. We recommend that Harwich Terrace residents determine a shelter plan to include 1) using a safe area in your home, 2) going to an accommodating neighbor's home, or 3) coming to a Mayflower campus building.

For apartment residents, any protected lower-level, campus building space is a good shelter. That includes Buckley first floor (down the hall north from the glass-walled Dining Room!), Edwards lower level, and Pearson lower level. The latter includes the most entertaining space: The Kiesel Theatre!

In addition, the lower levels of the Health Center and the Beebe building are also safe spaces, but will likely be full with the residents who live in those buildings.

During threatening weather, follow developments on your radio, TV, or computer. Reminder: "Watch" means be prepared to move to safety. "Warning" means hightail it there!

Matter of Balance Class is Full! The workshop to be presented by Hawkeye Valley Area Agency on Aging and hosted at Mayflower, has now been fully subscribed. The area school is starting a wait-list for the next class. Check elsewhere in this edition of *The Informer* for details. This revived independent living activities function, coordinated by Anne Sunday, is working!

Bob Mann

Executive Director

(bmann@mayflowerhomes.com)



**PEARSON OFFICE WILL BE CLOSED ON
THURSDAY, JULY 4th
IN OBSERVANCE OF INDEPENDANCE DAY**



The Mayflower Activity Department needs volunteers to help Health Center, South Village & Beebe residents to and from the parade on Thursday, July 4. If you are interested please call Chery Nelson at 236-6151 ext. 253 or Tracy Woolfolk at ext. 231. The times would be 4:30 - 5:00 p.m. and also after the parade. Any assistance will be welcome and greatly appreciated.

Parade Route

Begins at South East Street (Middle School Area)
Turns left on Hamilton (Davis School Area)
North on Broad (past Mayflower) All the way to 10th Ave.
East on 10th to Penrose, (Ahrens Park)

Parade begins at 5:00 p.m.



Evening Entertainment & Family fun at Ahrens Park starts at 6:30 - Fireworks at 9:45

You're Invited!

**LUAU**

MAYFLOWER'S ANNUAL LUAU

Wednesday, July 17th & Thursday, July 18th

Social at 5:30 p.m. - Buckley Terrace/Dining Room - Dinner Buffet at 6:00 p.m.

Seating will be limited to tables of 8 - Cost \$10.00

RSVP BY FRIDAY, JULY 12th

**There is a Luau Reservation Slip that can be picked up in Buckley kitchen
or reservations may be phoned in to 641-235-6151 ext. 216**

or email Scott Gruhn at

sgruhn@mayflowerhomes.com



CHECK OUT SOME NEW JULY ACTIVITIES!

A MATTER OF BALANCE

**Tuesday and Thursday Afternoons ~ Montgomery Lounge 1:00 – 3:00 p.m.
Begins July 9th**

People are excited about this opportunity! Fifteen persons from Mayflower and the Grinnell community have signed up for this course and will have a great time together as they learn to view falls as controllable, to set realistic activity goals, to make changes to reduce fall risks, and to restrict activities due to falling concerns. Healthy snacks and drinks will be provided.

Registration is now closed, but you may sign up for the waiting list for a second course later. Janet Buls, from the Hawkeye Valley Agency on Aging is such a dynamic leader! Call her at 1-800-779-8707 to get on the waiting list for the next course if you want to reduce concerns about falling and increase your activity level.



SHOPPING TRIP TO WATERLOO

Saturday, July 13 ~ Van Leaves Pearson at 9:00 a.m.

Anne Sunday, IL Activities Coordinator, will be driving the van for our shopping trip at Crossroads Mall. We still have two open seats on the van, and we can take extra people if some of you sign up to drive your cars.

Anchor stores are Dillards, Younkers, Penney's and Sears. Pick up a map of the mall at Activities Central in Pearson Lobby (underneath the sign-up list) and check out the list of stores available inside the mall.

Anne will also drop off folks who wish to visit nearby stores, such as Men's Warehouse, Christian Bookstore, Verizon Wireless, Hobby Lobby, Best Buy, or Barnes and Noble. Bring your cell phone with you and enter Anne's number (319-290-9171), in your cell phone. You may then call her to ferry you back and forth from the mall to the other stores. You may not walk from the mall to the other stores, as the area is not laid out with sidewalks. The medium-sized mall is on two levels with escalators and an elevator, and plenty of seats inside to sit and rest.

We will shop for about two hours and then have lunch together near the mall. There will be a fee for Mayflower, to cover transportation costs, which will be shared by everyone. It promises to be a joyful day together with your Mayflower friends and neighbors!

STORY CIRCLE

Thursday, July 11, 7:00 p.m. & Thursday, August 22, 7:00 p.m.
Montgomery Lounge

You are invited to join Anne Sunday and Warren Reinecke for a Story Circle! Come prepared to share no more than a 10-minute personal story (about yourself or someone you know), or simply listen and enjoy!

The July story theme will be: *A Story Related to a Job You Had in Your Youth.*

The August story theme will be: *A Story about an Embarrassing Moment.*

A story circle is a great way to get to know others in our Mayflower community! If it's a hot and humid night, feel free to bring a cold bottle of water or pop.



WATER FOLLIES

Mondays and Wednesdays 9:00-10:00 a.m. in the
GRMC Warm Water Therapy Pool
Meet at Beebe Circle at 8:45 a.m.

Our Mayflower group has renamed this exercise class the "Water Follies" because it is so much fun! We all get up early and eagerly board the van for invigorating and interesting exercise, which surely does not seem like work.

The warm water is a perfect temperature. The water cushions painful knees and hips, and soothes arthritic aches, as we do jumping jacks, cross country ski, jogging and many other exercises. (My personal favorite is to exercise with a noodle. And no, it's not the kind you put sauce on! If you don't know what a "noodle" is, ask your grandkids!) Our awesome instructors tailor the movements to benefit specific muscles and joints. Jokes and laughter abound, but we really learn a lot!

Come and join the fun as we frolic in the pool, get a good workout, unwind and relax, and then leave feeling energized for the day! You may also use the hot tub after class. **We have one opening available.** You are welcome to come and try it one time at no charge, to see if you like it. Cost is \$40 per month and is added to your monthly Mayflower bill.

Please call me if you are interested: 236-9041 or 319-290-9171. Anne Sunday
IL Activities Coordinator

If it's thundering or lightening we don't go!

PS Wal-mart has some nice bathing suits (and water shoes) at low cost!

Brain Exercises - 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: July 18, July 25, August 1 & August 8.

Senior Education Program: Monday, July 1st - Janet Gibson, professor of psychology, Grinnell College will present, "Pay Attention! Effort to Attend Makes for Better Memory as We Age." 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.

MRA Executive Council Meeting - Monday, July 1st
Health Center Conference Room at 2:00 p.m.

All MRA officers and committee chairpersons. Other members are welcome.

MRA Town Meeting - Monday, July 15th
Carman Center at 2:00 p.m.



All Mayflower Community residents are encouraged to attend

Prime Time at Pilgrim Heights Camp - Sunday, July 7th at 3:00 - Thursday, July 11th at 3:00 p.m. - Come for a day, an overnight, or the full four days! Optional activities include opportunities for arts and crafts, waterfront adventure, faith exploration, or rest and relaxation. Scriptures will be explored on the theme "*All Things New: See What God is Doing!*" Registration forms are at the Pearson Office. Please contact Wilma Graden (236-5293 or e-mail - vwgraden613@gmail.com.) Transportation is being planned for Sunday afternoon and/or Wednesday for the day. Please contact Wilma Graden for more information if you are interested.

Mayflower Book Club - Fridays at 1:00 p.m. in the Game Room

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

Last Book Club Meeting until September when the time will return to 12:30 p.m.

Rural Education in Poweshiek County - Did you attend country school when you were growing up? Do you have one-room schoolhouse memories you would be willing to share? I would love to hear them. This summer I am doing a Grinnell College research project on rural education in Poweshiek County with the goal of creating a more complete history of rural education in the area. In order to better understand the country school experience, I hope to interview people who were either students or teachers at country schools here in Poweshiek County. The interviews will be informal and be as short or as long as you wish, depending on how much you would like to share. If you would like to be a part of my project, please contact me at 320-828-4539 or schellin@grinnell.edu.

Jordan Schellinger, Grinnell College



BREAKFAST BUNCH

Saturday, 8:00 a.m. June 29th - *Meet in Pearson*

CASA MARGARITA

Sunday, June 30th - Leave Pearson at 6:00 p.m. - *Mexican Food*

MEN'S COFFEE HOUR

Thursday, July 4th - Buckley 3rd Floor at 9:00 a.m. - *Coffee & Cookies*

CHUONG GARDEN

Sunday, July 7th - Leave Pearson at 6:00 p.m. - *Chinese Supper*

PIZZA RANCH

Sunday, July 14th - 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 **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

July 1 Altemeier, Montgomery, Harwich Terrace South
July 8 Buckley 1st, Pearson, Harwich Terrace North
July 15 Buckley 2nd, Edwards, Harwich Terrace East
July 22 Buckley 3rd, Prairie Pointe, Harwich Terrace Southeast



Mayflower Treasure Chest for the month of July contains all-metal models built by Gordon Borthwick, designed and constructed in his workshop.

Thank you: My thanks to each and every one of you through your cards and your presence at my Birthday celebration. Thanks to all of you it was a wonderful day!

Susan Johnson

A big **THANK YOU** to all who visited, sent cards and flowers while I was in the Health Care Center. A special thanks to the staff who took such good care of me - nursing, dietary and all. I have much respect for all of them!. We are so lucky to be living here with "family" all around us. *Deena Wellborn*



2013 MRA STATE FAIR SPORTS NEW CONTEST

Last year we were searching for the most "*Beautiful Baby*," but this year it's the most "*Charming Child*," so dig out and dust off that old family photo album to find your school picture, Grades 1st, 2nd, or 3rd, to enter. Voting will be done by all the Fair goers and there will be both a gal and guy winner! The fourth edition of our *MRA State Fair* will be held on *Thursday, August 15* and Mayflower Community residents and staff are invited to create entries in all or any of the following categories: *Baked Goods; Original Art Works;* (by residents/staff) *Flowers or Dry Arrangements* (no artificial); *Handcrafts; Heirlooms* (no furniture); and *Photography*. The all-campus event is filled with fun and surprises for all and is topped off with a bountiful State Fair Dinner-On-A-Stick, featuring Dessert selections from the *Baked Goods* entries.



GO GREEN SAFELY

Here at Mayflower we are always looking to be more cost effective. That's why we have gone to CFL (compact fluorescent light) bulbs. They use less electricity than conventional bulbs, but the one thing people need to be aware of is the safe way to handle a broken bulb. CFL's contain a small amount of mercury, so follow these simple precautions:

- Do not handle the broken bulb with your bare hands
- Leave the area for a few minutes to let the "dust" settle
- Use tape to pick up fine particles and a wet rag to wipe down the area when finished
- Seal the pieces and rag in a plastic bag for safe disposal



Thank you,

If mercury gets into a cut, it can cause a serious infection, so BE SAFE. *Erin Gersdorf, The Green Team*