

July Birthdays

8 th Ed Poush	15 th Montie Redenius	23 rd Doris Pearce
12 th Steve Lovig	17 th Esther Bethel	Seymour Raffety
Katherine McClelland	20 th Deena Wellborn	25 th Miriam Baumann
13 th Carol Nielsen	21 st Cindy Crandon	26 th Ed Adkins
Jan Mutti	Matthew Kelty	27 th Pat Yungclas
14 th Walda Gustafson	Norma Veldboom	28 th Joan Anderson
15 th Louise McLain	22 nd Harley Henry	31 st Harriet Adelberg
	Joan Brand-Landkamer	



Chapel: Every Tuesday at 10:00 a.m. in Carman Center – Coffee, tea & fellowship preceding Chapel at 9:30 & at 10:30 following the service.

July 24

Tommy Haas, Mayflower Resident

July 31

Rev. Linda Myren, Mayflower Resident

Spiritual Care Coordinator Christine Tinker is available 10 a.m. - 5:00 p.m. daily and as needed on weekends. Christine takes Wednesday off and emergencies are covered by Len Eberhart. Christine is available by phone **641-990-9062** and appointments may be made at times outside her regular schedule.

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

Health Center Worship Service Sundays, 10:00 am, in the Carman Center.

All aboard...

Check out Janis Peak's collection
of wood, plastic, and metal
CHOO CHOO TRAINS!
on display in Pearson Lobby.

Thanks for sharing, Janis!



Mann Missive

July 4th Fun. In the recent Grinnell 4th of July parade, Mayflower had its first “float” in some time. Two pick-up trucks were decorated in bubble wrap replete with Mayflower signage and a giant bubble-making machine. Led by Sis and Dick Vogel, over 31 volunteers helped decorate the trucks, drive them, and walk the two-mile route passing out Mayflower information and bubble-making vials. All enjoyed the looks on little kids’ faces as they saw the big bubbles. THANK YOU!

Dan and Nancy Agnew contributed their truck and helped decorate. But, because Dan is just the Grinnell Mayor, he had to ride in a parade-leading convertible driven by Nancy!

The 4th of July was topped off with an evening “Sparklers and Ice Cream” gathering on the Buckley garden patio. The Mayflower Residents Association sponsored and Jeananne and Don Schild hosted with the assistance of Bob and Linda Myren, Doug and Ginny Cameron, and D’Ann and Matt Kelty. About 60 people feasted on ice cream.

New Residents. Recent moves to Mayflower include:

- Jim and Marvel LaCasse – From rural Grinnell to Buckley #303
- Bob and Barbara McConnell – From Grinnell to Altemeier #201
- John and Pasha Buck – From Indianola to Buckley #218

In addition, Lynn and Jeanette Budding have purchased the former Sylvia Dixon Harwich Terrace patio home at 709 Park

Street. They will live temporarily in Pearson #105 between the sale of their Grinnell home and the remodeling of the patio home.

Preventing Falls. The American Geriatric Society reports that 1/3 of Americans 65 years or older who live at home will fall at least once. Dr. Becky Powers shares, “Falls are the leading cause of traumatic injury and death in the elderly.” The U.S. Preventative Task Force recently released new guidelines to help prevent falls:

- Exercise – Strength training, flexibility training, balance, endurance (Consider our new Wellness class offerings.)
- Home Safety – Lighting, reduced clutter, grab bars, firm footwear.
- Medications – Side effects, number of meds over four daily, change in dose, regular review by your doctor.
- Nutrition – Excess vitamin D, B-12 deficiency, sufficient protein and water.
- Eye Health – Regular eye exams, eyeglasses updating, cataracts.

Missives Muzzled. As of August 1st, I change positions at Mayflower from Executive Director to Sales & Marketing Director. Therefore, I will no longer be writing the “Mann Missive” in future editions of *The Informer*. After writing 357 *Missives* in my 11½ years here, I say, “So long. Best wishes. Get your off-beat information some other place!”

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

Include Mayflower in your will with a call to your attorney.

UPCOMING EVENTS

Book Club Friday, July 20, 1 p.m. Game Room: *Behold the Dreamers* by Imbolo Mbue;
Friday, August 17: *Fascism* by Madeleine Albright. All are welcome!

Music in the Carman Center Friday, July 20, at 3:30 p.m. Classic Country Music with
David Winchester

SE*ED: Senior Education Program Mondays at 10 a.m., Drake Community Library
July 23: *Josiah Bushnell Grinnell and the Iowa Underground Railroad*;
July 30: *Vote Yes, Twice*

Theraband Mondays, Wednesdays, & Fridays at 11:00 a.m., Beebe Activity Room

Senior Strength Mondays & Wednesdays at 2:15 p.m. in the Sports Room

Women's Table Tennis Mondays at 4:00 p.m., Irene & Vic Table Tennis Center

Walking Warriors Tuesdays & Thursdays at 8:15 a.m. outside the Health Center

Chair Yoga Tuesday & Thursdays at 11:00 a.m. in Montgomery Lounge

ACES: Adult Community Exploration Series Wednesdays, 10:00 - 11:30 a.m. at the
Drake Community Library. **July 25 & August 1**: Nick Phillips, Assistant Professor of
Spanish: *American Detective Fiction*

Game Night Wednesdays at 6:30 p.m. in the Anchor Room - free ice cream!

Active Aging Thursdays at 1:00 p.m. & **Fridays** at 9:00 a.m. in the Fitness Center

Koffee & Konversation Fridays at 9:30 a.m. in Buckley Dining Hall

Informer Deadline Monday, July 30, at 4:00 p.m.; please email submissions to:
ehaas@mayflowerhomes.com

Story Circle & Dessert Tuesday, August 7, at 6:00 p.m. in Buckley Dining Room

Tekkie Tutor Tables Friday, August 17, 1:00-4:00 p.m. in Buckley Dining Room

MAYFLOWER NEWS

THE RESULTS ARE IN!

The two designs chosen for the Mayflower MRA T-Shirt sale to help support the Kitchen Project are: the circle design with the multi-colored tree and the three panel design with the three trees... sunrise, flowering tree and the evergreen tree... won! Colors the shirts will be available in, by popular vote, will be white, dark blue, light blue, off-white and black. I will have ordering blanks after July 29th and will be arranging to come and speak with everyone... and ask you all to help the cause... during the first weeks in August. Orders need to be in by the last Friday in August so we can send them out with the payment... a check will go to Mayflower at the same time.

The vote for the circle design was large... the other three were very close. Because of that, those other two designs will be available on the Inclusivi-Tees website. As I said at the meeting, ANY of Netia's designs purchased at any time will result in a check to Mayflower for the profits from the sale. That includes people NOT from the Mayflower community.

Thanks everyone for voting... now make a list of who you know who NEEDS one of these shirts!
—Linda Myren



Montie Redenius, who was a SHIIP volunteer for 11 years, retired from that service on April 1 of this year. Although he enjoyed helping seniors with their Medicare and Prescription Drug questions he felt that 11 years was long enough. Kathy Szary, who is also a resident of the Mayflower Community, continues to be a SHIIP volunteer and is happy to meet with you if you have questions or need help with Medicare or your Prescription Drug plan. To talk to Kathy or any one of the other 3 SHIIP volunteers please call 641-236-2588. Thank you.
—Montie Redenius

MAYFLOWER ACTIVITIES

Story Circle & Dessert - Tuesday, August 7, 6 pm, Buckley Dining Room

Bring a favorite object and share a brief story about what that object means to you. Harriet Adelberg will be our moderator. Please contact the kitchen at ext. 216 to sign up for dessert (cost is \$3).



Tekkie Tutor Tables -- What do you want to learn?

Friday, August 17, 1:00-4:00 pm in Buckley Dining Room

A college student group will be doing a service project for us. Bring your laptops, cell phones, tablets, etc. to get help honing your tekkie skills. Sign up at Pearson Lobby Activities Desk or contact Anne Sunday at annesunday624@gmail.com

Boone Scenic Railroad Dinner Train

18 residents will be going October 6 and reservations are filled. –Anne Sunday

ACES: Adult Community Exploration Series Offers Free Summer Courses

Wednesday mornings from 10:00 to 11:30 a.m. in the Caulkins Room of the Drake Community Library. Refreshments will be served at each session.

The next ACES course: July 25 & August 1 – *American Detective Fiction*

Students will venture into the dark alleys of detective fiction, assessing how the global popularity of detective dramas, murder mysteries and shady sleuths can be traced to a uniquely American configuration of detective fiction. They also will investigate the evolution of the detective protagonist, the types of crimes uncovered and the role of detective fiction in critiquing American society.

Teaching this class will be Nick Phillips, Assistant Professor of Spanish and a scholar of Spanish and Latin American detective fiction.

ACES is a joint initiative of Grinnell College and the Community Education Council.

MAYFLOWER WELLNESS

FITNESS ACTIVITIES WITH KAYLEY THOMPSON

Senior Strength: Mon/Wed 2:15 pm in Sports Room

Active Aging: Thurs 1:00 pm & Fri. 9:00 am in Obermiller Center

Walking Warriors: Tues/Thurs 8:15 am in front of Health Center

Kayley hopes to have more residents join Walking Warriors. Some of us are less fit and would welcome those with more endurance and speed. Even if you go ahead of us and we can't keep up, you would be an encouragement and inspiration to us to keep going.

Dogs and owners are welcome to join Walking Warriors. Dogs always inspire, give nice hugs and little kisses!

If you use a walker or cane, or think you're too out of shape, please come and give it a try! I was surprised how good it felt to be outdoors at 8:15 and how energized I felt the rest of the day—even though I had to stop and rest for a while on a bench.

Go at your own speed and walk as much or as little as is right for you. It doesn't matter if some are faster and go on ahead. You won't be alone.

—Anne Sunday, Activities Coordinator and Walking Warrior

CAREGIVERS SUPPORT GROUP

Grinnell Regional Hospice offers a Caregivers Support Group for anyone caring for an adult loved one. The group provides Caregivers with the opportunity to gain support, strength and encouragement from each other. The group meets the Second Tuesday of each month at 10:00 to noon at the First Presbyterian Church. *—Christine Tinker*

Neighborhood Groupings - Mondays at 12:00 p.m. in Buckley Dining Hall

July 23	Altemeier, Edwards, Harwich Terrace North
August 6	Buckley 1st, Watertower 2 & 3, Harwich Terrace South
August 13	Harwich Terrace Southeast, Watertower 1, Buckley 3
August 20	Harwich Terrace East, Pearson, Montgomery, Buckley 2



2018
Fourth
of
July
Fun

4th of July Parade Bubbles *Mayflower residents follow the bubble-wrapped pick-up truck spraying bubbles along the route of the parade. From left: Bonnie Buntz, Joan Baker, Linda Myren, Jeananne Schild, Don Schild (the one with hands in his money pouch!), and Jo Bolton.*

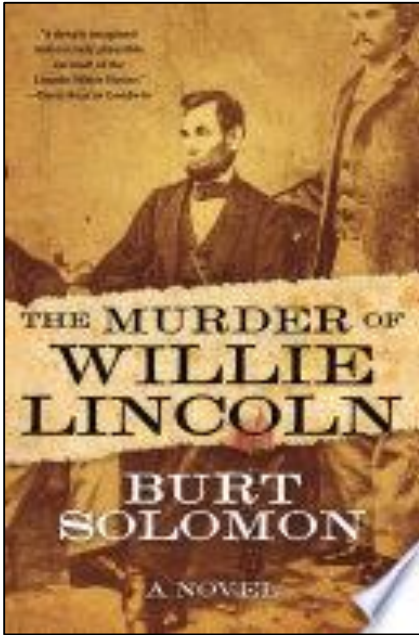
Catching Bubbles

Grinnell Parade watchers try to catch the bubbles coming from the Mayflower “float”— Dan and Nancy Agnew’s pick-up truck shooting bubbles off the bed.

—Bob Mann



BETWEEN THE BOOKENDS



The Murder of Willie Lincoln by Burt Solomon is a mystery set in 1862 Washington City. The United States lies in tatters, and the Civil War seems without end. Abraham Lincoln is tested when tragedy strikes the White House: Willie, Lincoln's eleven-year-old son, the shining light in the president's life, dies -of typhoid fever, the doctors say. A message arrives suggesting that murder, not illness, caused Willie's death. Lincoln asks John Hay, his trusted aide, to investigate. As the war rages on, John Hay chases the truth of Willie's murder through the loftiest and lowest corners of Washington City. As Hay closes in, he discovers just how far Lincoln's enemies will go to keep him silent.

New Library Acquisitions:

Shelter in Place by Nora Roberts LP

Unlikely Allies by Joel Richard Paul

Death of a Ghost by M.C. Beaton

On the Podium: *Planet Earth--An Illustrated History*

-- Robin Estes

Dear Mayflower Family,

Many thanks to all who attended my retirement party, brought or sent cards, and made it a marvelous finish for my career. A special thanks to Christy Kaisand for organizing the event and to all the staff who helped make it possible.

Ed Poush

IN MEMORIAM

Cecil Flander, who passed away Saturday, July 7, at the age of 94