THE
MAYFLOWER
LOG

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A Service of Remembrance and Dedication

Service participants, left to right: (front) Lyle Kuehl and Bob Mann; (back) Conference Minister Rich Pleva, Harris Stafford, Shane Estes, pianist Elsie Johnston, Pat Saxton, Dot Anderson, Art Heimann, John Saxton

These words by Chapel Committee chairman Lyle Kuehl acknowledged the reasons for the special dedicatory worship service in Carman Center on July 10: *The Chapel Committee desires to highlight significant things here today:*

— to recognize and celebrate the fact that Mayflower offers a weekly worship opportunity for its residents, inter-denominational in nature . . .

— to acknowledge that for 45 years these services were held in what was called Denison Chapel in Kiesel Hall before moving to Carman Center . . . .

— and to help make possible the transition to our new chapel home, we introduce and dedicate a beautiful new set of hand-crafted chancel paraments . . .

Harris Stafford was the appropriate speaker to share the history of Denison Chapel. Now a Buckley Hall resident, Stafford was serving as Mayflower's executive director in 1959 when a portion of Kiesel Hall was dedicated as the Warren Hathaway Denison Worship Center. Denison had served as conference minister of the Christian Church and, through his public speaking and writings, had become a well-known advocate for stewardship.

Art Heimann related the story of the quilt which was begun by his late wife, Grace Leinen. When Art made the unfinished Cathedral Windows quilt available to Dot Anderson, everything fell in place. Dot had been asked to consider making new paraments for the worship center even before the Andersons made their move to Mayflower. Grace's Cathredal Windows quilt became the perfect pattern for the three sets of Trinity season paraments. The

The late Grace Leinen's Cathedral Windows quilt has become the Trinity season paraments for altar and pulpit (above) thanks to the creativity of Dot Anderson and Kathryn Louden. Standing behind the pulpit are Pat Saxton and Shane Estes.

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other two Trinity sets are of the same design but with different color combinations.

Paraments which represent the remaining seasons of the church year also have been created. A blue Advent altar cloth features a Nativity scene; the pulpit drape shows the Christmas Star. Lent is symbolized by a purple altar cloth depicting The Last Supper and a pulpit drape of the Crown of Thorns. Paraments for Epiphany/Easter are white with designs worked in Scandanavian hardanger. Dot has done all the hand work; Kathryn Louden has done all the machine work.

A dedication litany of scripture and song was presented by Executive Director Bob Mann and Chaplain John Saxton, who read scripture, and by Pat Saxton and Shane Estes, who joined in song. All the words and music were representative of the seasons of the church year.

Dot Anderson's favorites among the paraments are the Advent altar cloth and pulpit drape. The altar cloth design is of a Nativity scene and the pulpit drape (upper left) the Star of Bethlehem.

Two Mayflower dignitaries, Chaplain John Saxton (left) and incoming Board of Trustees president Gayle Strickler Jr., flank a photo of another honored Mayflower dignitary, Warren Hathaway Denison.

Highlights of July 16, 2007, MRA Town Meeting

President Jean Libbey presided with 42 residents in attendance. Chaplain John Saxton shared an inspirational message.

Secretary Don Schild read minutes of the April meeting. Treasurer Gordon Borthwick's printed report showed 100 units gave $6,000 to the MRA fund drive.

Committee Reports: Bette Kersey, chair of the Mini Gift Shop, recognized the outstanding contributions of Elizabeth Ernst and Gerry Postma. Elizabeth has been active ever since her husband George started the Shop in 1957. Gerry has helped since 1986 and for years has created price tags. Flowers were given to each lady. Bette reported that since it began the Mini Gift Shop has netted $118,000. Library committee member Ruth Greenwald announced that a survey re books is being circulated, and Social committee member Robin Estes reported a similar survey re movies. Lyceum chair Jeanette Tisdale announced that the committee is discussing potential and invited suggestions. Nominating committee member Imogene Knowles thanked all committee members for their service and advised that 52 positions will need to be filled for next year. Historian Dorothy Meussling moved that the association accept the recommendation of the Executive Board to allow the public library to provide long-term storage of Mayflower's historical records. More recent records will be stored in the MRA office.

Administration Reports**:** Health Center Administrator Ed Poush reported that the adaptations needed to provide more sanctioned assisted living space in Beebe Hall would be too costly. Director Bob Mann shared administration's hope that the Fireside Room can be updated to use as a counseling/meditation area. A wheelchair-accessible van from the estate of the late Barbara Nowell has been gifted anonymously to Mayflower. Joanne Bunge has offered to Bob her services to set up a "community education coordination council," which would involve Grinnell College, GRMC and Mayflower. More intergenerational activities between Mayflower and the College are also being considered.

WELCOME
Harold Tindall

Born and raised on a farm in Mercer County, New Jersey, Harold Tindall spent his entire life there before moving to Iowa and Mayflower Edwards #8 this spring.

After attending high school, he worked on the family farm for a few years before going to work for Borden Dairy in Trenton. It was there he met Jean Ellen Knowles and they were married in 1941. Harold says, "We had 65 wonderful years together."

The couple raised two sons: Robert (wife Susan), Princeton, New Jersey, and Dan (wife Kathy) of Grinnell. Harold has three grandchildren. During the years Jean typed theses for the students of Princeton University and later served as secretary for the First Presbyterian Church in Princeton. She was very creative and talented in all forms of needlework and enjoyed exhibiting in craft shows.

At the onset of World War II, Harold went to work for Eastern Aircraft, a General Motors company that made the famous Grumman Bomber. After the war, he worked for ten years at the Princeton Theological Seminary as head carpenter and then for 21 years for the Princeton school system as head of buildings and grounds.

While working for the Seminary, Harold became acquainted with Professor Albert Einstein. Einstein was looking for someone who would replace the back steps on his home, and one of the yardmen recommended Harold Tindall. For this service, Einstein wrote a check for $48.15. Harold still has the check, which is now part of a memorabilia collage created for him by his son, Dan.

Harold also did many other odd jobs for the professor and his daughter, Miss Einstein. He remembers how kind the Einsteins were and how appreciative of his work. He also remembers that he often saw Professor Einstein taking a walk, wearing a gray sweatshirt and soft slippers, absorbed in thought.

Along with sports and hunting, Harold always enjoyed woodworking in his workshop at home. He designed their two homes in New Jersey and also designed and built their cottage in Maine where the family enjoyed water sports in the summer and snowmobiling in the winter.

After their respective retirements, Harold and Jean moved to Jackson Estates in New Jersey, where they lived for 23 years. They continued to enjoy summers in Maine and traveled extensively throughout the country in the winter. For their 50th wedding anniversary, they traveled to England to tour the country of Jean's family heritage.

This past year has been an adjustment for Harold because of the death of his beloved wife and his move halfway across the country. However, he says, "It just didn't make sense for me to remain in New Jersey. Moving to Grinnell to be near Dan and Kathy was the wisest thing to do. Dan always told me, 'Whenever I needed anything, you were there for me. Now it's my turn to be there for you.' Besides, Mayflower takes good care of its people."

Elaine Noe

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Mayflower is blessed with an abundance of talent. Corinne Switzer (above), a member of the Gay Nineties club, entertained during this year's strawberry and ice cream festival on Flag Day. Harwich Terrace resident Dot Anderson provided additional festive touches with her creative table centerpieces.

ELDERHOSTEL . . .

Adventures in Lifetime Learning

The picture was taken during the history walk of Bayfield by Art's daughter, Jo Heimann-Schreck. Bayfield is very hilly and the walk was a bit difficult for some Elderhostel members. The Mayflower group (above, l to r) included Art Heimann, Merle Zirkle, Netia Worley, Gloria Clay and Elsie Johnston.

by Art Heimann

Elderhostels have so many choices that it would be impossible to list them all. Catalogs are available free. Any one who has attended an Elderhostel would be glad to assist you in securing a copy. Everything is included in the registration -- lodging, meals, field trips, etc. Elderhostels are a great value, and of the ones I have attended I've never been disappointed.

In June several Mayflower residents -- Gloria Clay, Elsie Johnston, Netia Worley, Merle Zirkle and I, plus my daughter Jo -- took part in an Elderhostel in Bayfield, Wisconsin. The theme was "Apostle Islands Exploration." We enjoyed lectures, field trips, and the opportunity to meet interesting people.

The lectures covered the history of Bayfield, including a walking tour of the town with costumed guides, history of the logging and fishing industry, and an in-depth history of the Native Americans' struggle for recognition. A very interesting story was told about an Indian Chief and his mission to Washington, DC, to plead the case of the Chippewas and their land. The people presenting the lectures had first-hand information, lived in the area for many years and were pleased to share their stories. The lectures were informal and there was plenty of time for questions.

One of the highlights was time spent on Lake Superior aboard the University of Wisconsin-Superior ship, the L.L. Smith. During the cruise we obtained living samples from the water and the lake bottom and did experiments in water clarity and water temperature. Because of space, the group was split for the cruise. In the afternoon our group spent time at a lecture by a Native American, whose heritage is Bayfield. He is a National Park Ranger.

The next morning we boarded a ferry for a trip to Madeline Island. The ferry has to be loaded very carefully to assure balance. Pedestrians, cars, busses and trucks are all carried across the lake to the island. An interesting museum is located on the island. After a lecture about life on the island, we had ample time to view the museum collection and talk to the well-informed docents. After a great box lunch, the afternoon was spent on a walking tour of the island to study the topography and the flora. The walk was guided by a park naturalist.

Our lodging, The Bayfield Inn, was excellent! Each of our rooms faced the lake, and the view was beautiful. The meals were great, though some thought that there was too much food -- that is up to debate. The last morning's lecture dealt with some of the maritime history of Bayfield, and that was followed by a tour of the Maritime Museum.

Elderhostels are truly an adventure in lifetime learning. Take time to order or borrow a catalog and do a little dreaming. You will be sure to find one that will interest you.

LUAU – the Most Delicious Event of the Year

Jack Morrison, Director of Physical Plant, and his wife, Jackie

Harris Stafford, executive director, 1957-78, and Audrey Williams

Elegant food for nearly 300 persons – freshly prepared, perfectly cooked, and attractively presented to Health Care and Beebe residents one night and to the other residents and guests on the following two evenings. Does this sound like an impossible challenge? Scott Gruhn and his food service staff made it look easy at this year's Luau during the third week in July. "We used our regular staff," Scott said. "We just revised working schedules."

Pretty amazing when you realize that much of the food must be prepared close to serving time. Consider the menu: fresh fruit in season, fruitbread, smoked salmon, sweet and sour pork, Bahaman chicken, barbequed pork ribs, rice pilaf, Hawaiian vegetable medley, scallops with fresh homemade salsa, deep-fried scallops on skewers, coconut shrimp, shrimp cocktail with sauce, and Hawaiian cheesecake parfait.

Since the first Luau nearly 30 years ago, this special dinner has been the most successful of all special dinners. The month of July was chosen for the occasion because Iowa's July weather is most like Hawaii's year-round tropical climate. Early on, the daughter of one of the resident couples provided fresh orchids for the occasion. And throughout the years, residents and guests have added to the ambiance by arriving in colorful island garb.

If you missed this year's dinner, come next June you might want to start watching for a notice that reservations are being taken for another Luau. The anticipation may be just enough to warm your winter nights to come.

Cathy DeMeulenaer, Nancy Smith, Betty Porter, Stan Greenwald, John DeMeulenaer, and Gail Greenwald

Elaine Noe, Log contributer, and Marie and Al Eisenman

WELCOME
Mary Dean

Born and raised on a farm near Brooklyn, Mary Dean has lived most of her life in Grinnell. She moved to Buckley #302 in March. Mary has a particularly interesting tie to Mayflower.

Long before there was a Health Center, Edwards Hall included a four-bed infirmary. However, state regulations in the 1960's required that the infirmary be under the charge of a licensed nurse. Mary, a licensed practical nurse (LPN), was hired by former administrator, Harris Stafford, and became Mayflower's first licensed nurse.

While attending Grinnell High School, Mary worked as an aide at St. Francis Hospital. Following her graduation in 1948 and while working for a brief period in Kellogg and Newton, she was hired as an aide at Lone Elm Rest Home in Grinnell. She was encouraged to work toward nursing certification. She says, "I not only worked full time, but also studied for my LPN license."

She was married in 1951 to Richard Dean. They lived in Coatsville, Missouri, for a few years before returning to Grinnell. The couple raised four children: Allen (wife Carol) Dean, Grinnell; Barbara Smith, Richmond, California; Edwin (wife Sandi) Dean, Monroe, Iowa; and Catherine (husband Dale) Harding, Albion, Iowa. Mary has seven grandchildren and six great-grandchildren.

Mary served on the staffs of St. Francis Hospital, Community Hospital, Grinnell General Hospital (the merger of St. Francis and Community), and finally at St. Francis Manor. She says, "I saw many changes in nursing care through those years."

Mary also worked for 26 years at the Elks Club -- twice a month plus the many special events. After her retirement, she joined her husband as a custodian at Fairview Elementary School.

Through the years Mary has enjoyed a variety of activities. She was active in the Davis School PTA and is a 47-year member of the local American Legion Auxiliary. She currently serves as a resident advocate on the Care Review Committee at Friendship Manor. Mary has enjoyed traveling, bird watching, and gardening. She has a large collection of cups and saucers and mugs and likes to play dominoes.

Meeting with family and friends on Saturday mornings at the Hy-Vee cafe has been a ritual for many years. She is a member of the Grinnell Christian Church and has been active in the Women's Fellowship and the Home Builders Sunday School class.

Mary says, "I'm glad to be here in Buckley. Through my nursing career and activities in the community, I was already acquainted with many residents. Everyone has made me feel so welcome."

Elaine Noe

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Mayflower Health Center Director Ed Poush (above right) has received an award for Mayflower's participation in a "Better Jobs Better Care" pilot program. Mayflower Homes was singled out for this award because of its work to improve the delivery of person-directed care. Irene Davidson (left), a certified nurse assistant at Mayflower Homes, had the honor of making the presentation at a recent Iowa CareGivers Association meeting.

WELCOME
Charlie Manly

Charlie Manly moved from his Grinnell home into Buckley #205 in April. He was born in Spencer, Iowa, and except for a brief period in West Des Moines and his post-high school education, he has spent most of his life in Grinnell.

He graduated from Grinnell High School in 1968 and attended Simpson College in Indianola, graduating in 1972. He then attended Hamline University, St. Paul, Minnesota and received his law degree in 1976.

That same year he began his general law practice in Grinnell, following in the tradition of his father and grandfather (Manly Law Firm). He also served as City Attorney for the cities of Grinnell and Oakland Acres. During his career Charlie was active in various capacities with the Iowa Bar Association, the Iowa Municipal Attorneys Association, and the Association of Iowa Trial Lawyers.

In 1982 he married Debra Yellick, who was teaching art in the local school district. Both Charlie and Debra shared a long association with the Grinnell Community Art Gallery. They also maintained a home at Okoboji, Iowa, where they sailed competitively on Lake Okoboji for nearly 20 years.

Besides sailing, Charlie's interests have included bird watching, reading, bicycling and hiking. He's been active in the Iowa Audubon Council, the Tallgrass Prairie Audubon Chapter, Grinnell Community Art Gallery, Simpson College Alumni Association, Simpson College Board of Trustees, and the Grinnell Area Arts Council. He's currently a member of the Iowa Natural Heritage Foundation, the Okoboji Protective Association, and the Poweshiek County Democrats.

Charlie was diagnosed with multiple sclerosis more than two decades ago. He refers to it as "the silent illness." As related health issues escalated, it became apparent that certain adjustments needed to be considered. It was at this point that Charlie, Deb, and his family mutually determined the Mayflower was the best solution.

Charlie is currently pursuing the possibility of establishing a local MS self-help group. As he says, "The closest groups are in Marshalltown and Oskaloosa, which makes it difficult or impossible for many who would benefit from attending such a group." He's been in contact with Mayflower staff, and they seem interested and willing to provide a space for meetings of this group.

A progressive illness may have required major adjustments in his life, but there's no doubt that Charlie remains interested and active in many creative pursuits.

Elaine Noe

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What is so rare as a day in June . . . especially when you can enjoy a sing-along in Mayflower's main garden? Chaplain John Saxton arranged for Beebe residents to spend time with Walter Claussen, guitarist and pastor of Newburg/Chester Congregational Church. Resident Verona Foster is pictured on his left.

Wilma Was Here First

Wilma Ziegenmeyer (left) with
Lorraine Gross, a faithful exerciser

Wilma Ziegenmeyer has been leading total-body exercises for Mayflower residents for over 30 years – long before theraband exercises or Health Center fitness sessions were available. Why would someone want to devote three days a week, two hours each day to helping seniors stay fit? Wilma cites a couple of compelling reasons.

When she was young, she experienced a lot of back pain. A doctor told her that she might well be confined to a wheelchair by the time she was 50. She proved him wrong by becoming involved with aerobic classes, which she helped initiate and lead at the Memorial Building. In 1982, while working with Mayflower residents, she was diagnosed with cancer. In spite of the ill-effects of chemo, she continued with her classes because they made her feel stronger. She is now cancer free and living proof of the benefits of exercise.

Developed from many sources – early instructions, her own LPN training, physical therapy departments, Younkers Rehabilitation where her father was treated following a stroke – most of the exercises are done while sitting down. At a resident's request, hip and thigh exercises, done while standing, have been included. Even facial exercises are incorporated.

Wilma's classes, open to all Mayflower residents, meet on Monday, Wednesday, and Friday – in Buckley dining room at 10 a.m. and in Beebe Hall at 11 a.m. No registrations are required – just show up, join in, and feel good.

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