



 *Mayflower*
COMMUNITY
616 Broad Street | Grinnell, IA 50112

A place to call home

Dear Friends,

The Mayflower Community in Grinnell invites you to explore the variety of living options available to you or your family member. Living at the Mayflower is about choosing the lifestyle that best suits your preferences and unique needs.

It's also about peace of mind and a feeling of security among friends. It's the unique quality of life you'll enjoy at the Mayflower Community, whether you choose independent living, assisted living, or support for a health or memory need. These multiple levels of support are what set us apart from other retirement communities.

We offer a continuum of care for residents when and where you need it. Many Mayflower residents do not have to rely on assisted living or nursing care, but it is reassuring to know these options are available should the need arise. And, sometimes people arrive at Mayflower with healthcare needs and then move to a more independent level of living.

Life at Mayflower can be anything and everything you want it to be. From our first-class facilities to numerous activities, to wonderful people, you can be fulfilled socially and spiritually.

Come visit us, take a tour, and learn about living at the Mayflower Community. You may be surprised with the opportunities that await you. Please call me to set up an appointment and tour. On behalf of the entire administrative team and the residents of our community, we look forward to meeting you at Mayflower very soon.

Sincerely,



Bob Mann
Executive Director
Mayflower Community
641-236-6151

Talking with your family about future plans



There are subjects in our society that seem to be shunned in “polite company.” A tricky conversation can be discussion about aging, loss of capabilities, and the end-of-life. The topic can be an elephant in the room that takes up too much space and makes everyone uncomfortable.

Conversations like this are best held before the need arises. Common topics should revolve around such issues as living arrangements and healthcare support; legal matters such as wills and durable powers of attorney; and financial information. End-of-life and funeral planning can be done in advance before these naturally stressful situations occur.

This is more than a conversation about the end of life. It’s about how and where one wants to *live* the rest of his or her life.

QUESTIONS TO CONSIDER:

What about living arrangements?

Stay in their current home? Move closer to family? Downsize from the family home to an apartment or condo? Is there a plan of progression for future needs such as home care, assisted living, or long-term care if needed?

What about more serious physical or mental health issues?

What do you want us to do if you cannot make your own healthcare decisions? What about life support? Pain control?

These are particularly difficult decisions for adult children to make on their parents’ behalf because their feelings may be very different from what their parents want for themselves. Knowing what the senior adult wants will provide some sense of comfort to the adult child making these very difficult decisions.

HOW TO START THE CONVERSATION:

It may be a conversation during a family gathering. Start with a story about a friend or an acquaintance having similar conversations within their family.

“A friend of mine at work is having a rough time. His mom is in the ICU on life support and they have never had a conversation as a family about her wishes if she cannot make her own healthcare decisions. My friend is stressed about this and it has been difficult for their family because it has all happened at once. It’s made me wonder what we would do in this situation.”

This resource guide about living in the Mayflower Community is also a great way to get a conversation started.

“I got this in the mail last week and I thought we could look at it together.”

Most often, it is senior parents who want to have this conversation but get the brush off from their adult children. “Oh, Mom, you’re fine. We can talk about this later...”

“One of my friends at church put together a notebook with contact information for all her kids, her doctor, and pastor. She wrote out all her wishes for what her family should do if she couldn’t make healthcare decisions for herself. She filled out the paperwork for a Durable Power of Attorney for Healthcare Decisions that designated her daughter as her primary decision-maker. She put the key to her bank box in there along with her burial plans and a copy of her will. I’m going to do the same thing, and I want you to help me.”

What is most important is that you have the conversation. Ask the questions. Share your thoughts, wishes, and concerns. It may not be the easiest topic to talk about, but it is one of the most important.

SUGGESTED WEBSITES FOR MORE INFORMATION:

www.mayflowercommunity.org

www.caregiver.org

www.talk-early-talk-often.com

Where to begin on this journey?

Mayflower is a wonderful place to call home for those who are at least 55 years of age. Of course, financial and health conditions are considered.

Bob Mann, Mayflower’s executive director, looks forward to meeting prospective residents to answer any questions you have and to help you make your next move. We’ll help you determine your needs and wants and then match you up with the living options at Mayflower that will help meet your dreams.

We have a great deal of information on our website, www.mayflowerhomes.com. There you will also find a link to an application you can print, complete, and submit.

Mayflower is a popular place and there is a wait list. But do not let that deter you! Contact Bob to find out what is currently available. Making your decision early is smart, so that you can enjoy all of Mayflower’s benefits and services when you want or need them.

There’s no obligation if you call Bob and schedule a tour of Mayflower. One of the most common remarks of new residents is, “I wish I had done this sooner.”

To contact us, call Mayflower Community, 641-236-6151 or email us at info@mayflowerhomes.com. We’re eager to meet you!

Long-Term Care Alphabet Soup

Shorthand lingo can be helpful when you need to abbreviate but it can also be confusing to keep track of it all. Here's a little guide to keep track of the abc's of long-term care.

Abbreviation		Definition
AD	Advance Directive	Written end-of-life instructions
ADL	Activity of Daily Living	Walking, toileting, eating, bathing, dressing.
AL(P)	Assisted Living (Program)	Housing with assistance available. Mayflower's is certified by state of Iowa.
CCRC	Continuing Care Retirement Community	Retirement Community, such as Mayflower, offering multi-levels of care.
CMA	Certified Medication Aide	Aide who is able to administer medications to residents.
CMS	Centers for Medicare and Medicaid Services	Writes rules dealing with long-term care.
CNA	Certified Nurse Aide	Employee who has received 75 hours of training in the delivery of long-term care and has passed written and skills exams.
DHS	Dept. of Human Services	Administers the Medicaid program.
DIA	Dept. of Inspections & Appeals	Regulatory agency and inspection.
DPA (health)	Durable Power of Attorney for health care decisions	Enables designee to speak for resident regarding end-of-life decisions when resident can no longer indicate choices.
DNR	Do Not Resuscitate	Resident's wish not to be given CPR.
HIPAA	Health Insurance Portability and Accountability Act	Sets forth standards for privacy and security of the medical and personal information of residents in licensed care facilities.
NF	Nursing Facility	Such as Mayflower's long-term care facility, Health Center
QA	Quality Assurance	Committee that includes staff, medical director, and pharmacy consultant. Looks at internal issues with identified problem areas and seeks solutions.
RA	Rehabilitation Aide	CNA who has received specialized training in working with residents who have sustained some degree of loss in joint movement or muscle strength.
RAC	Resident Advocate Committee	Advocates for long-term care residents. Committee members visit residents to see if they are properly being cared for.
SNF	Skilled Nursing Facility	Eligible to receive payment from Medicare. Licensed by the state of Iowa
SV	South Village	Memory support area (300 wing of Mayflower's Health Center) for residents with significant memory loss.
Survey	Annual Inspection by DIA	Unannounced on-site inspection conducted by DIA. Results are public information.
Title XVIII	Medicare	Federally run program to pay for health care.
Title XIX	Medicaid	State run program for health care payment using 60% federal \$\$ and 40% state \$\$.

Start Living ... Mayflower Community



No matter where you are on life's journey, you'll find a welcoming community of friends and neighbors at Mayflower.

Ask anyone who lives here and you will learn much about living at Mayflower. You will learn that a move to Mayflower is about living.

WHAT ARE SOME OF THE FREQUENTLY ASKED QUESTIONS:

Q: *"I'm only in my 60s and my friends all think I'm signing up to move into a nursing home! What do I tell them?"*

A: "First of all, Mayflower is a vibrant community that offers life-style and life-need choices. It's about living life the way you want to live and not having to do home maintenance, take care of the yard, or shovel snow. Your time can be spent doing what you love."

Q: *"I'll be leaving my friends behind when I move to Mayflower. What if I don't know anyone there?"*

A: You may not know anyone when you first come to Mayflower, but trust us, that won't last. It won't matter where you live because there is a community that you become a part of.

"My only regret is that I didn't come to Mayflower sooner. It was wonderful when we moved here it's even better now."

We do rely on Mayflower staff for many things, but we also know that our friends and neighbors support each other, too.

Q: *What is there to do?*

A: What do you want to do? Living at Mayflower is about being as active as you choose to be. We GO places and DO things.

You name it. Art, woodworking, gardening, photography, theater, writing, social activities, dining events. We do all that and what's even better, we'll teach you how if you don't already know.

Q: “Is there a social life at Mayflower?”

A: Oh, yes! We have our own movie theater, complete with popcorn machine. Lyceum programs on Tuesday evenings often feature vocal, instrumental music performances as well as recitals from Grinnell College students. There’s the summer Luau – a very popular annual event. Themed parties, Derby Days, Strawberry Festival, holiday meals, and so much more. Friday afternoon wine and cheese receptions are enjoyed monthly. We have groups that play games regularly such as Trivial Pursuit or table tennis. We have groups that like to go out to eat. We also leave town and head to plays in Des Moines or in the Amana Colonies. You can be as active as you wish to be.

And, there’s the greater Grinnell community, too, with all the offerings at Grinnell College, the schools, community theater, Grinnell Area Arts Council, Chamber events, and so much more.

Q: What about the staff?

A: It may make you feel good to know that many staff members are already on the Mayflower wait list. They enjoy where they work enough that they eventually want to retire to Mayflower. Other residents will tell you that staff members are considered more their friends than they are considered “staff.” Residents see staff as members of the Mayflower family and interact with them as such. In an employment field that has high employee turnover, Mayflower staff have long years of service and experience. Residents remark that staff are highly respectful and kind. There really is a culture of service and caring that is affirmed and appreciated.

Q: I’m a widow – what about me?

A: Many single women at Mayflower feel very secure in knowing that they are a part of a community where people look out for each other. And, if staff is needed, help is close-by. There are so many opportunities to meet people and do things. You can be as social and involved with others as you wish.

Q: What about healthcare?

A: There is a great support network of care through the Mayflower community. With home services, assisted living, and the health center, Mayflower can meet your individual needs.



Grinnell Regional Medical Center and more than 40 resident physicians and healthcare providers provide big city medicine with small town hospitality. The medical center ranks as one of the nation’s best rural hospitals.

“When I had to have surgery last year, I needed some time in the health center to recover before going home to my apartment on campus. That short-term stay provided peace of mind for me and my family. I know it contributed to my strong and quick recovery.”

Q: What do I need to know about moving to Mayflower?

A: Be ready for peace of mind, feeling safe, fulfilled, and among friends. It’s a unique place to live not only because it is beautiful, but because of the people who eagerly welcome you into the Mayflower family. There is a personality here that’s hard to describe. Some say there is a warmth and fellowship at Mayflower. It’s a close-knit community and it feels that way no matter where you live on campus.

How Do I Pay for Long-Term Care?

Ed Poush, Associate Director, Mayflower Community

We know that Americans are living longer. Many senior adults are working into their 70s, as their health permits, and are living to a much older age than their grandparents did. There are several resources available no matter where you are on this journey – beginning to plan ahead for the future, planning for retirement, and looking specifically at long-term care services.

It's important to be realistic about what long-term care services may be needed in the future. It's important to live as though we will be healthy and well in body, mind, and spirit right up to the day we pass away, but with a strong dose of reality that physical and mental health issues may dramatically affect our daily lives in years to come.

Licensed financial planners with experience and expertise in retirement and long-term care planning are a good place to begin. They can help set up the nuts and bolts of financial management plans.

WHERE TO BEGIN?

The Internet has a wealth of resources. The website, www.medicare.gov, is one place to start. The website for the National Long-Term Care Clearinghouse, www.longtermcare.gov is another useful resource for information on options, planning, and financing for long-term care needs.

MEDICARE AND LONG-TERM CARE

Medicare is a publicly funded health insurance program for Americans 65 of age and older. It can pay for “medically necessary” home health care and skilled care, such as that after a hospitalization, surgery, or rehabilitation. It does not pay for long-term care or help with daily tasks such as bathing, dressing, personal hygiene, and other essential activities.

MEDICAID (TITLE XIX)

On the other hand, Medicaid will pay for long-term care at home or in a community living setting, such as Mayflower's Health Center, memory support South Village, and Beebe's assisted living.

Medicaid is a federal and state program administered by the state. It is also known as Title XIX (nineteen). However, many people believe incorrectly that you have to be nearly financially destitute to qualify for Medicaid. Several factors are taken into consideration to determine eligibility for Title XIX.

Everyone's situation is unique when it comes to qualifying for Medicaid. There are many factors to be examined on a



case-by-case basis. Additionally, rules vary from state to state with Medicaid. If you are residing in another state and considering a move to Mayflower, you will need to apply in Iowa.

We can help you begin this process for Medicaid/Title XIX. The Iowa Department of Human Services (DHS) makes the final determination for eligibility. In Poweshiek County, where Grinnell is located, the local DHS office is at 715 Fifth Avenue, Suite 6. It is open by appointment only. Call 800-342-0829 to schedule an appointment.

Once you are enrolled in Medicaid, you will be required annually to complete a new application form. If you need assistance, Mayflower staff will be happy to help.

Internet resources:

www.dhs.state.ia.us/Consumers/Health/Medical_Insurance/WhatsAvailable.html

www.medicare.gov/longtermcare

Sometimes Even the Best Plans Unravel

Bette Kersey and her husband, Roger, had a solid plan for their life when they retired. However, at 66, Bette found herself as a widow and living alone on a farm. She was managing pretty well until a massive blizzard left her stranded for a few days. There was no way anyone could get to her if she needed help. That event started Bette thinking about her future.

Bette's friends and Grinnell residents Beryl and Deena Wellborn suggested that she might like Mayflower.

"Grinnell has impressed me for years as a beautiful and vibrant college community," says Bette. "Deena invited me for lunch and a tour at Mayflower and I signed up."

The plan was in place for Bette to move in August into an apartment.

"The hospitality of Mayflower residents is just wonderful," says Bette. "My new neighbors invited me to come for the annual Luau in July before I even moved in."

Living at Mayflower has been a good move for Bette. She is active in several volunteer roles both within the Mayflower community and the larger community of Grinnell.

"It has been a very fulfilling time in my life," says Bette.

Observing it all from Princeton, New Jersey, plus trips back to Iowa was Bette's daughter, Char Ewan.

"In 2003, I was working at Princeton University and I was presented with an opportunity for early retirement," Char says. "I'd had enough of the high-pressure job. Sept. 11, 2001 was also a factor for me. I was ready for a change."

As a single woman with no children, Char was looking for a support network, and she was tired of maintaining a home. She witnessed her mother's life at Mayflower and started looking into living options.

"At the time, Mayflower was beginning to develop new homes on State Street," Char says. "I took advantage of the opportunity to design my own home. It is great to have the Mayflower team taking care of my home and lawn maintenance."

"I was 56 when I moved to Mayflower. My friends in Princeton all thought I was crazy and that I was moving into a nursing home," says Char. "I jumped into Grinnell. I volunteered all over town, networked, and made friends. I even took a job at Mayflower to use my career skills because I wasn't ready to stop working."

The term "aging in place" means to live in one's home and community safely with all the proper support. By living in the Mayflower community, residents have the services they need in order to age in place.

"If the time comes when I decide that my current house is too large for me, I have options to explore - moving to an apartment that better fits my needs without having to find a new community," Char says. "If my mother or I need care in the Health Center, we both have peace of mind knowing that we already have a plan."

"There's a lot to consider," Bette says. "Many people of my generation have adult children who are working later in life. That can make it very difficult to provide the support and safety net for their parents to continue to live on their own these days. My daughter and I live just blocks apart, but we don't have to rely on each other for daily care. We each live independently knowing that we are both safe and cared for. It's truly wonderful."



Health Services at Mayflower

Mayflower provides multiple levels of healthcare for residents to live at their highest potential with the “peace of mind” of knowing that support services are there when needed. Many Mayflower residents never have to rely on assisted living or nursing care, but they know these options are available if the need should arise.

HOME SERVICES – This service is available to Mayflower campus residents as well as residents of the greater Grinnell community. Trained personal assistants, under the leadership of the Home Services Director, who is an RN, provide a variety of services in the resident’s own home. Services include medication set-up and monitoring, daily “How are you” home-calls, bathing assistance at home or in Beebe’s bath spa, light housekeeping, and accompanying residents to medical appointments.

ASSISTED LIVING – Our assisted living area combines the independence of living in your own home with the security of knowing that when needed, help is just a few steps away. Residents eat in the dining room with menu choices that change daily. Assistance with daily needs such as dressing, bathing, toileting, and other services, is available at the push of a button. Medication management can be left to staff, or residents may keep their medications in their own apartment. Activities are offered several times during the week. The support provided to residents who need assisted living conserves their energy for the things they continue to enjoy doing.

HEALTH CENTER – Mayflower’s Health Center provides a warm and homey atmosphere through the use of carpeting, oak trim, and wall coverings. Spacious rooms enable residents to have ample closet space, room to move around and space for a favorite chair and other amenities.

Health Center amenities include cable television, phone jacks, easy-entrance whirlpool tubs, emergency power outlets, single-rooms, and outstanding meals.

The common areas of the Health Center are tastefully decorated. Like many homes, the focal point of the Health Center is the dining room where residents gather for meals and fellowship. The gas fireplace provides just the right touch on a chilly day. The warm oak paneling and complimentary colors in the wall coverings, draperies, and carpet are accented by chandeliers and wall sconces. The finishing touch of beautiful artwork provides a “fine dining” atmosphere a pleasant place for mealtime.



The Health Center can provide for those who need short-term or skilled care during recovery from surgery, such as a joint replacement. With onsite physical and occupational therapy, Mayflower staff can provide the care you need to get back to living your life.

For long-term care, the Health Center is a beautiful place to live and our staff is dedicated to providing the best care possible. With friendly smiles and willing hands, our staff carry out the ministry of meeting resident’s physical, psychological, social, and spiritual needs.

- **MEMORY SUPPORT** - The south wing of the Health Center is dedicated to residents who live with some form of dementia or confusion. It is licensed as a special care unit with the Iowa Department of Inspections and Appeals. At Mayflower, this area is known as South Village. There are several features to provide additional safety for residents who live here. There is an electromagnetic door lock which prevents residents from wandering away from the South Village on their own. This eliminates the need for personal sensors to keep residents safe or for loud alarms that can be frightening and unsettling for anyone, especially for persons who have dementia. The South Village is intentionally quiet. The public address system has been turned off in this wing, the number of televisions is limited, and there is only one telephone. This provides for a quiet atmosphere for all who enter. No more than 16 residents live in the South Village at a time. This small group setting is beneficial for residents and staff. Our South Village staff are specially trained to enable them to best meet the unique needs of these Health Center residents.

- **OUT-PATIENT THERAPY SERVICES** - Mayflower provides Physical Therapy, Occupational Therapy and Speech Therapy through its contract with Key Rehab, a provider based in Murfreesboro, TN. Medicare Part-B covered therapy services are available to Mayflower campus residents as well as residents in the greater Grinnell community as well. The services can be provided in the resident's home or in Mayflower's Health Care Center depending upon the type of equipment needed.



JEROME A. WEHR, MD
*Mayflower Health Center
 Medical Director*

Dr. Wehr is a family practice physician in private practice in Grinnell. A graduate of the University of Iowa College of Medicine, he completed his residency at St. Luke's Medical

Education Program in Cedar Rapids, Iowa. He joined the medical staff of Grinnell Regional Medical Center in 1985. He became Mayflower's first Medical Director in 1990 and continues to serve in that capacity. As medical director, Dr. Wehr serves on Mayflower's Quality Assurance Committee and is a resource for medical decisions and direction. He also is a member of Mayflower's Ethics Committee.

Grinnell Regional Medical Center is the community hospital for the area. In 2010, GRMC was named one of five top rural hospitals in the nation for quality of care, patient safety, and value.

GRMC's resident physician staff of more than 40 active physicians and mid-level providers brings continued growth to the medical center. Services provided at GRMC by their physicians and staff make it possible for area residents to stay close to home and take advantage of the expertise that is otherwise found in urban hospitals hours away.

To learn more about Grinnell Regional Medical Center, check out their website, www.grmc.us.

Independent Living Options

APARTMENTS

Our apartments range from 600 to 1200 square feet. They include one bedroom, one bedroom - plus, two bedroom, and combinations. Features include one to two full baths, living rooms, dining areas, high ceilings, ceiling fans, lots of storage and beautiful views. All apartments have full kitchens. Specific apartment features may be tailored to the new residents' tastes. Other services include individual climate control and a personal nurse call system.



The Mayflower campus includes five independent living apartment buildings: Montgomery, Pearson, Buckley, Edwards and Altemeier. All boast attractive lounges, access to the independent residents' dining room and the J&B Bistro, an Old English Pub.

PATIO HOMES

Our patio homes range from 1,300 to more than 2,000 square feet, some with and some without basements. All offer at least two bedrooms, two full bathrooms, exterior gardens and attached garages (one and two-car). Each home offers its own unique floor plan and interior design. Amenities vary and include such features as three and four-season porches, patios and decks, vaulted ceilings and more.



Mayflower provides exterior and interior maintenance, lawn care and snow removal, access to all Mayflower common areas such as our dining areas, lounges, game room, theater and libraries. Every resident becomes a member of our unique and active Mayflower Residents Association that sponsors on-going activities and events. Available at a small monthly fee are high-speed internet access and extra garage units.

Upon sale of the home, you share in the equity, keeping at least 70 percent of the sale amount. Because the Mayflower handles the sale, there are no selling, legal, repair, appliance replacement, homeowner's insurance, or real estate costs charged to our residents in more than 25 years of developing and maintaining Harwich Terrace homes.

Live In the Heart of Grinnell

Mayflower is ideally located in the heart of Grinnell, next door to our vibrant downtown and Central Park. The park is the location of a twice-weekly farmer's market, music, and cultural events throughout the summer.

Grinnell's downtown includes coffee shops, a variety of restaurants, a three-screen movie theater, bakeries, banks, shopping, dental offices, and much more, all within walking distance of Mayflower.

The Drake Community Library is a tremendous resource. This new facility has a wonderful collection of books, periodicals, and audio/visual resources. Within two blocks of Mayflower's central campus, it is a wonderful place to browse the stacks or spend an afternoon. Adult education programs such as the Community Education Council's Bucket Courses and Grinnell Regional Medical Center's SE*ED program meet here weekly.



One of the biggest contributors to Grinnell's quality of life is Grinnell College. The College offers a wide array of entertainment, cultural, and athletic events free of charge. Seniors can also audit classes at the college – actually taking college courses at a minimal cost or no fee. The college's athletic facilities are extraordinary and seniors may use the fitness center, indoor track, and indoor swimming pool, for as little as \$10 a year.

And if walking is an issue, Mayflower's accessible vans go all over town and out of town for appointments, shopping, and events.