

# The Mayflower Log

*A Publication of the Mayflower Residents Association*



## WINTER 2017 - Volume 17 - No. 1 Yearly Report from the MRA

*by Karen Phillips*

The Mayflower Residents Association (MRA) is the organization whose specific purpose is "to welcome all Mayflower Community residents and acquaint them with the educational, recreational, social and spiritual opportunities offered through MRA" (from the By-Laws of the MRA). To this end the MRA has continued to offer a variety of activities designed to appeal to the entire community, and has continued to support its stated goals of "volunteerism, collaboration, and hospitality." The hospitality aspect of our mission was put into high gear this past year with

the successful integration of many new residents, including the large number of residents who moved into the Watertower Square apartment. We are so blessed to have all these new residents come to our community.

The roster of officers for 2017 is:  
Co-Presidents: Karen and Ed Phillips  
Co-Presidents Elect: Katherine and Kent McClelland  
Past President: John Noer  
Secretary: Rhonda Whitehead  
Treasurer: Montie Redenius  
Historian: Char Ewan  
Assistant Secretary: Jeananne Schild



*A view of the railroad crossing just east of the old depot in Grinnell. The freight cars in the photo are part of a the north-south Union Pacific rail line.*

Picture by Luther Erickson; article on trains begins on page 5.

# What You Always Wanted to Know About the Dining Services

*by Karen Phillips*

In an effort to better inform the residents of our Mayflower Community, *The Log* will focus on different departments and describe some of the many services they provide all of us. This issue looks at the Dining Services.

For this issue I interviewed the director, Scott Gruhn. Scott is hard working and generous, and most of all he wants to please everyone here in the community to the best of his ability.

A little about his background: Scott grew up in Grinnell and went to Grinnell Newburg schools. In 1989 he was hired for the first time to work in the dining services. The next year he replaced Enid Crandon as the supervisor of the Dining Services where he remained until 1993 when he got the idea of having his own restaurant in

Montezuma (The Apple Basket). He sold that restaurant in 2000 and was hired back to his former position here at Mayflower. We are all so lucky he returned.

So what can you ask for from the Dining Service besides good nutritious meals? Did you know that there are many items available to borrow that you might only need once a year, such as a high chair, booster seat, silverware, pots and pans, and serving pieces? Need a last minute grocery item or a spice that you only need a teaspoon of for that recipe? How about a pot of coffee, iced

tea, or lemonade for a group meeting in your home or apartment? Have you ever wished a complete meal could be delivered to your home when you are too sick to cook or just got home from a long trip? Or maybe you need a few side dishes to accompany a special meal you are preparing for guests. Dining Services will make them for you. And with advanced notice you can order a decorated cake for a special occasion. If you want to entertain in your building's lounge or in the Bistro, you can have the dining services



*Dining Room Staff serve at December Argentinian dinner: Jake Sadler, Jean Lewis, Sue Allen, Darrell Rojohn, Shana Ellis.*

prepare the snacks, and you can even have them served by Scott's amazing and professional staff. Oh yes, clean up is included!

You are probably wondering how to ask for what you need from the dining service. The procedure is simple and informal. You may call, email, or simply stop by and ask for any of the items or services described above. You may speak to any employee in the dining room area, and that person will help you. If available, you may even walk away with what you came for.

There is a nominal charge that will appear on your monthly bill for any food items or service involving staff that you request. If it is a piece of equipment you want to borrow, there is no charge. Scott reminded me that these items are owned by all of us collectively, and as such we may use items as we need them.

The most exciting thing about the Dining Service is the vision that Scott has for the future, which he calls "Open Dining Plans." In explaining this vision, Scott described a culture change that has been evolving within the industry at large and consequently here at Mayflower among the leadership team. This was first evident at the professional meetings offered by "Leading Age Iowa," a professional organization that Mayflower staff leaders attend through their membership in this organization of not for profit senior living community leaders. During training events and discussions over several years Scott and others from the Mayflower leadership team began to envision how our community could change from an

institutionally driven agenda to a resident driven agenda. An example of this changed perspective would be everyone eats breakfast at 7:00 a.m. (institution driven) to every resident eats breakfast at the hour that meets their nutritional needs and personal preferences (resident driven).

Scott sees his program as a place to start, and from there it might develop into other areas at Mayflower. One year ago Scott formed a task force at Mayflower to explore how to begin the changes to this new vision of care. There are staff members from all departments on the task force, and they meet regularly and collect data from resident surveys in order to develop their plans. Scott's vision for the dining services changes was presented to the Board of Trustees, and things are on track with facilities management to make the necessary changes needed to begin implementation over the next year. The changes will begin in the Health Center dining room to allow residents to choose when they come to the dining room and eat their meals, and what food they eat at that meal. Service hours might be from 7 am to 7 pm. Breakfast



*Decorations brightened the dining hall for the holidays.*

items would be available all day. During the night hours from 7 pm to 7 am prepared food items would be available in a refrigerated display case in the dining room. "Mid-night snack" anyone? The new plan will involve the complete renovation of the Health Center kitchen and the installation of cooking equipment. Initial food preparation will continue to be done in the Buckley kitchen with finishing of items being done at meal service in the Health Center kitchen.

Scott explained the reason for these changes this way. "Residents need more choices and control over their daily lives. Food and when we consume it is one of the few choices we have left when we become dependent on others to care for us. I want residents to be able to eat much like they did in their own homes before coming to the Health Center. Broader menu offerings will

reduce poor food intake and the use of supplements." Once this change is made for the Health Center, Scott plans to move on to Beebe Assisted Living and start the process there. He felt it was important to start at the Health Center since those residents are dependent on food service for all of their meals and do not have the opportunity to move about as Beebe and Independent Living residents do.

Plans are already underway for these changes to begin as soon as the spaces and equipment are ready and funding is available. Whatever your dining needs are, Scott and his staff have your back, or rather your stomach, now and well into the future.

### MEMORIAL COMMITTEE

From January 1, 2016 to December 31, 2016, twenty-nine names have been added to the Book of Remembrance. They are:

**John William Budding , Dorothy Breuning , Dennis Wayne Haas, Ruth L. Halblom, Betty Jo Collum, Lois Ann Grant, Warren Carl Loudon, Dennis D. Starnes, Rita Catherine Meisch Penne, Forrest Gorsuch, Susanne Mallard Graham, Janice A. Reimers Kriegal, James Fyfe, Dennis Wright, Erma Ruth Smith DePauw, Willis Montgomery, Opal Mae Barns, Elaine M. Bigbee, Victor Verrette, Norma Pederson Kaisand, Marie Lynn Bailey, Ramona McCaw, Larry R. Cooper, John C. "Jack" Dawson, Charles Edward Ziegenmeyer, Janell Luebben, Thelma Thomas, George Kolodziej, Marilyn Mae Benishek**

Following the death of a resident at Mayflower, the next of kin receives a letter of condolence and informs them that a \$25 memorial gift from the Mayflower Residents Assoc. has been given to the Mayflower Human Needs Fund. If a person has lived at Mayflower for a least one year then moved away a year or less before death, the name may be entered into the Book of Remembrance. The committee relies on residents to give us information concerning former residents. Please feel free to access the first Book of Remembrance which is found inside an archival material storage box in the cabinet underneath the current book outside Carman Center.

Tommy Haas & Mary Lou Clotfelter

# Mayflower, Trains, and Train Tracks

*by Mary Schuchmann*

If you live at Mayflower, you can see and hear the world roll by. Train tracks are within a few steps of some Mayflower residences, and everyone at Mayflower can hear the blast of the train horn at the rail crossings on the north and east sides of the campus.

The trains that pass through Grinnell connect to a vast network of rail lines that crisscross the country and go beyond. The freight they carry can start and end up almost anywhere in the United States. Sometimes, the products that travel through Grinnell ride the rails until they are loaded onto freighters for export around the world.

As almost everybody knows, the two rail tracks in Grinnell are due to J.B. Grinnell. In the early

1850s, the town's founder stumbled onto advance information that two future rail lines were to intersect at a specific spot in central Iowa. Realizing that rail service would be a boon to a new town, J.B. visited the site and marked the location with a red flag on a pole. A year later, he established the town.

More than 160 years later, the rail lines are still here. Today, the east-west rail line belongs to Iowa Interstate Railway, which runs between Council Bluffs and Blue Island, Ill., just outside of Chicago. The north-south tracks are part of Union Pacific, the largest freight railroad in the United States. The UP line through Grinnell runs



*This section of the Iowa Railroad Map shows how the trains that come through Grinnell connect to nearby cities. The complete Iowa rail map can be found at <http://www.iowadot.gov/iowarail/railroads/maps/basemap.pdf>*





between Marshalltown and Eddyville, south of Oskaloosa. Eddyville has a large Cargill corn processing plant.

Agricultural products fill up the majority of the train cars for both Iowa Interstate and Union Pacific. The companies also carry coal, sand, chemicals and fertilizer. Iowa Interstate has four ethanol and two bio-diesel plants on its line.

Neither railroad handles passengers. The last passenger train stopped in Grinnell in 1970.

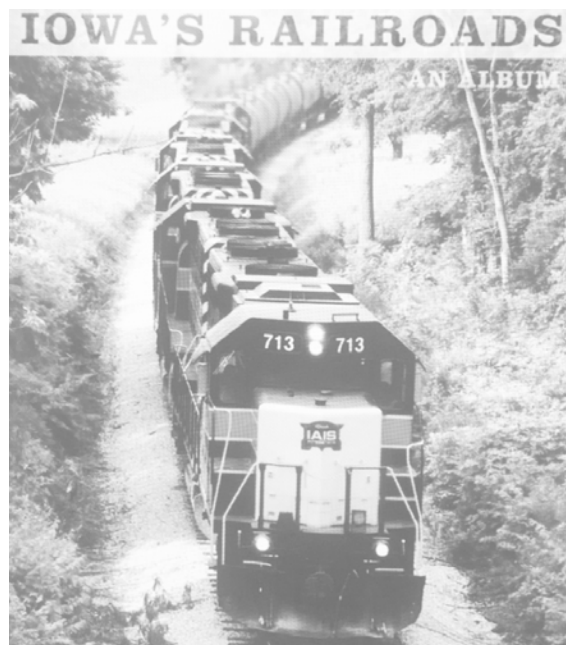
If you suspect that the trains today seem to come and go at differing times of the day and night, you're right. Representatives of both rail lines said the trains that pass through Grinnell have no hard-and-fast schedule. Most days,

you can count four Iowa Interstate and two Union Pacific trains.



Iowa Interstate Railroad was formed in 1984 with the purchase of the Rock Island Railroad. Iowa Interstate's headquarters is in Cedar Rapids. A locomotive service facility is located in South Amana.

Union Pacific, which merged with the Chicago and North Western in 1995, operates in 23 states in the western two-thirds of the country. Its headquarters is in Omaha.



*Cover of an attractive 2009 book written by H. Roger Grant and Don L. Hofsommer and published by the U. of Indiana Press. It shows a freight train that could have been running on the Iowa Interstate east-west tracks through Grinnell with an IAIS logo at the front of the engine.*

# Welcome to Ginny and Doug Cameron

*by Alice Breemer*

By the time you read this, Doug and Ginny (Virginia) Cameron have probably moved into their Harwich Terrace home at 507 State Street. Those of us who have lived in Grinnell for a long time are well acquainted with the Camerons and are delighted that they will soon be a part of our community. I'm an old time Grinnellian, so I remember well when two of my three children had Mr. Cameron for math. We knew Ginny as well from frequent visits to the children's section of the old Stewart Library. To those of you who have not lived here long, you're in for a treat when you meet this interesting couple.

Ginny and Doug met when they were students at Cornell College in Mount Vernon, Iowa. After they graduated, they were married in Minnesota and then came to Grinnell, where Doug had accepted a teaching position with the Grinnell-Newburg School District. Ginny took a clerk position at Stewart Library. As time passed, Ginny was appointed Director of Stewart Library, while she simultaneously earned her Master's Degree in Library Science at the University of Iowa. Later in her career, Ginny moved to the Children's Librarian position. Her retirement coincided with the opening of the new Drake Library. Doug and Ginny have four children. Leslee was born in 1977 and she teaches in Eau Claire, WI. Mike was born in 1979 and is now employed by

Oracle Computer Systems in Minneapolis, MN. Anne was born in 1982 and works at Wells Fargo in Des Moines. Kim, born in 1989, is a pet groomer in Grinnell. Together, these children have produced six grandchildren for Doug and Ginny, three of whom live in Grinnell.

Doug worked in the Grinnell-Newburg schools for 38 years. He taught 6th grade in Bailey Park and Newburg primary schools and in the Middle School. He then moved to Davis primary school, where he taught third grade. Doug later became the principal of Davis School. In that role, Doug worked with other administrators to implement a reorganization plan among the three primary schools that would address socio-economic stereotyping. The plan also brings more teachers of specific grades together to exchange ideas and collaborate on projects. This reorganization and its goals have now been in place for about 20 years and it is considered to be very successful.

It's hard to tell that Ginny and Doug are retired. Both remain very active in their professions. Ginny substitutes for librarians in all Grinnell's school buildings and she volunteers as an assistant to the outreach librarian program at Drake Library. She is also active with the Methodist Church. After retirement, Doug was elected to the School Board and is recent past Co-chair of the Grinnell

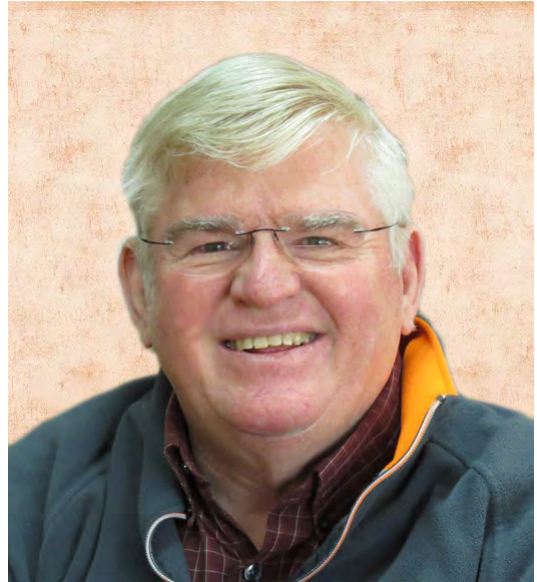
Newburg School Foundation (formerly GNEE) , which Doug calls the “educational backbone.” This organization encourages educators to propose ideas, which are then judged on merit. If found

to be innovative and promising, the proposers are awarded grant funds to carry out their projects.

I think you’ll find, as I have, that Ginny and Doug will fit in well at Mayflower Community.



**Ginny Cameron**



**Doug Cameron**



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