

# The Mayflower Log



FALL 2017 - Volume 17 - No. 4

## CARING FOR OUR RESIDENTS' HEALTH



Myrt and Nursing Staff

Myrt Canfield denies that she is the "heart of the Health Center," as more than one person has suggested. "I'm just the front man," she insists. "Everybody else is the band, and they make beautiful music." Some of the members of "the band" describe their work:

Kelly Beck explains that she wears several hats. "I oversee the daily functions of the nursing staff in the Health Center and Beebe, but I have a GREAT layer of nurses that help me every day—Jacki Hicklin, Assistant

Director of Nursing; Casie Vande Stowe, South Village Coordinator; and Elizabeth Bos, Assisted Living Coordinator. Without these three, I couldn't do a lot of what gets accomplished."

Rhonda Hudson, a licensed social worker, strives to be "a great active listener, especially to residents who may be coping with a problem." She "collaborates with other professionals, towards the goal of finding and achieving wellness."

Tammy Long, head of housekeeping and laundry, "just loves working at the Mayflower. I have a great staff that I work closely with to keep Mayflower looking and smelling so clean."

And Tracy Sadler says, "Well, I simply take care of the day to day facility needs of the building. Nothing elaborate or glamorous, just changing light bulbs and unclogging toilets." (And we ALL know how crucial those functions are!)

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## Welcome New Residents



BRITTON, JoAnn (\* George)



BRITTON, George (\* JoAnn)



SMITH, Mary



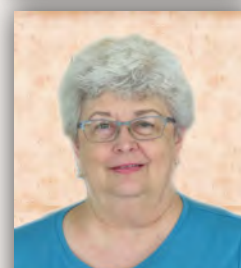
KELTY, Matthew (\* D'Ann)



KELTY, D'Ann (\* Matthew)



McNALLY, Bill (\* Mary)



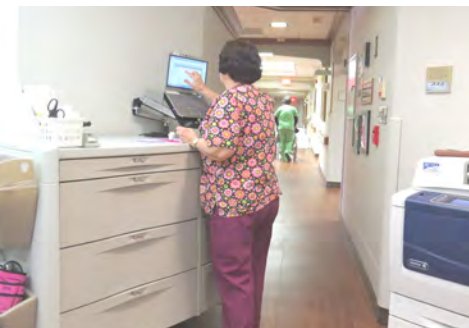
McNALLY, Mary (\* Bill)



VELDBOOM, Norma

"I have huge respect for the nurses, aides, and housekeepers," Myrt says. "In addition to providing medical and social expertise, they really care about the residents. They visit with them and find out what their favorite foods are."

Myrt describes herself as a conduit, a traffic cop, who takes information, like calls from the hospital, and passes it on to Trisha Stokes and Connie Choate, who're in charge of supplies and transportation. She also fields questions about activities and spiritual and financial advice. In addition, Myrt is a "greeter," making everybody welcome, especially families and pets. She is especially fond of a dog named Max, who comes frequently to visit his owner. Everyone in the Health Center is glad to see Max.



People come to the Health Center when they need extra care. Those who are recovering from surgery like knee or hip replacement are likely to have brief stays. Longer-term residents may receive treatment for cancer or heart conditions, and others who need to be confined to a safe place live in South Village.

Myrt explains that adjustment to the Health Center varies. Some people are comfortable right away; others feel a loss of control. But once they settle into the routine and are getting expert care, they generally start to enjoy the many available activities offered by Chery Nelson and Tracy Woolfolk, including crafts, music, bingo, and other games. Residents are taken to music in the park and to the Mayflower fish pond, and this fall, some will see a production by the Old Creamery Theatre.

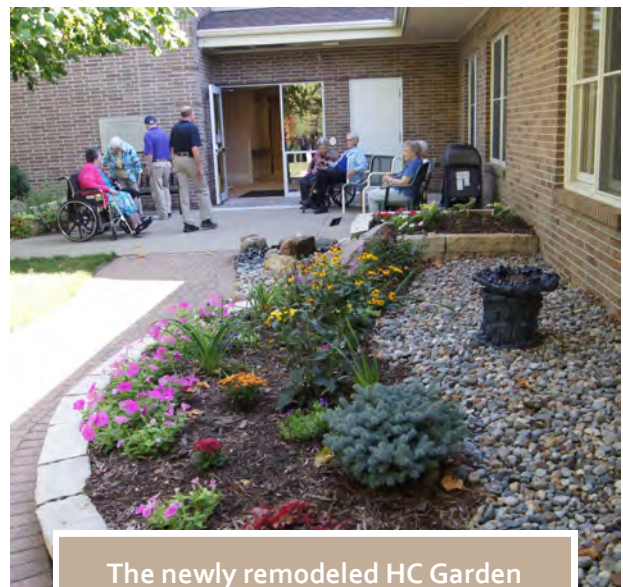


The new "Hydration Station" has been a big success because people can get coffee, tea, or pop anytime they're thirsty. Scott Gruhn often provides cookies and coffee for visiting families whose resident's health is declining.

The residents also find friends among themselves. Often, roommates and tablemates get to be good buddies. Groups meet in the main area to work on puzzles or look through the paper and talk about what they find there.

According to Myrt, "I'm sometimes asked if this is a depressing place. I say it is not!" Clearly, the "band" of qualified and caring people at the Health Center work hard and successfully to make the residents comfortable and happy.

*Betty Moffett*



The newly remodeled HC Garden

## WELCOME GEORGE AND JOANN BRITTON - *Temp. M 9*

George and JoAnn are in temporary digs at Montgomery #9 while they await the completion of changes to their new Harwich Terrace duplex on Park Street, anticipated for late October. They are excited about the move to Mayflower. How do I know this? Well they put their names on the list before they even moved to Grinnell! We can understand this anticipation perhaps once we realize that JoAnn's family (the Eisenmans) has been connected to the Mayflower Community for many years. JoAnn has been a member of the Mayflower Foundation Board, and George has been elected to serve on the Foundation Board when JoAnn finishes her current term. Thanks to both of them for supporting the Mayflower Community for a very long time.

George grew up as an "Army Brat." Being part of that world allowed him to live in many different places, including several years in Europe. He lists both Germany and France as places where he attended school on an Army base. His career background is in urban planning and economic development, and he worked for the Orange County Environmental Management Agency as well as a smaller company in that area the last five years of his career. JoAnn was educated at Monmouth College and became an elementary school teacher. She also wore other work hats, holding positions in banking and consumer research. She met George in CA in Sunday School class! They married in 1995, each bringing children to the new family. George's son, Luke, lives in Henderson, Nevada, where he works in

sales in the trucking industry. He is married with a daughter, Taylor, who is 9. JoAnn's two children, Taren and Jeff, both live in metropolitan Portland, Oregon. Taren is single and works for Volkswagen Credit, and Jeff is married with a daughter, Paige, 3. He works as a consultant for a firm that serves local communities. Both daughters-in-law are nurses.

George and JoAnn moved to Grinnell in 2008 and have become very involved in a variety of aspects of the community. George is on the Drake Library and Greater Poweshiek Community Foundation Boards and is in Lions Club. He also is on the planning committee for the ACES educational program, which many of us know and appreciate. JoAnn is a Drake Library volunteer as well as a reading volunteer at Fairview Elementary School, where she works with the team of 2<sup>nd</sup> grade teachers. She also helps plan the Bucket Courses and is a volunteer coordinator for International students at Grinnell College. George and JoAnn are members of the UCC church in Grinnell and take part in many activities with people they have gotten to know and cherish there. She is also a member of Church Women United, Entre Nous book club, and I know for a fact that she can deliver a very interesting and stimulating book review!

We welcome George and JoAnn to the Mayflower community, and are so glad that we have this opportunity to know you both better.

*Karen Phillips*



## WELCOME MARY SMITH - B 213

For now, Mary Smith is a part-time resident of Mayflower. During the week she spends her days and nights in Altoona, helping to care for her two young grandsons. On weekends she lives at Mayflower, in Buckley 213.

"Here is where I catch my breath," she said with a laugh.

She looks forward to the time, down the road, when she will be at Mayflower full time.

Mary was born and raised in Winona, Minn. She attended Winona schools and graduated from Winona State University. She taught for 10 years, took time off to raise her family, then resumed teaching until she retired. Initially she taught at the elementary level. When she returned to the classroom, she was the gifted and talented resource teacher.

Her first contact with Grinnell was when one of her two sons, Adam, attended Grinnell College. He graduated from Grinnell, went to law school and returned to Grinnell to work at Grinnell Mutual Reinsurance Company. When he and his wife, Virginia, had their first child, Virginia had serious back problems and was unable to do everything a new mom needed to do. Mary moved to Grinnell (to her own house on Pearl Street) to help out. Another baby a few years later kept Mary busy again.

When Adam took a new job at Nationwide in Des Moines, the family – including Mary – moved to Altoona. Virginia commutes to her job at Grinnell Mutual.

The boys, Holden and Madden, are now 7 and 3, respectively.

In 2015, Mary's mother, Lois Grant, moved from Winona to Grinnell and lived at Brookside. When she needed nursing care, she moved to the Mayflower Health Center. She died there a year ago. During her time at the Health Center, she got to know the staff and other residents

"She got unbelievably good care," Mary said. "Before she died she surprised us by saying she wanted her memorial service in the Carman Center. We thought she'd want it in Winona."

Perhaps because Mary lived in Grinnell for a time and had made friends at the Grinnell United Church of Christ, she said she felt immediately at home at Mayflower when she moved in this summer. She was pleased, she said, to discover so many church acquaintances living at Mayflower.

Mary has many interests she will pursue when honest-to-goodness retirement comes. "I've dabbled in a lot of things," she said.

In Winona she took craft classes, including one that resulted in a lovely woven basket that she displays in her living room. She's currently eyeing some furniture refinishing projects.

Mary has another son, Benjamin, who lives in Minneapolis, and two sisters, one in Minnesota and one in Arkansas.

*Mary Schuchmann*

## WELCOME MATTHEW AND D'ANN KELTY- Temp B 218

Matt and D'Ann Kelty are new to Grinnell, having moved here from Leverett, Massachusetts, a New England town with a population of about 1800, where they had lived for the past 30 years. They met in South Bend, Indiana, where she was a graduate of St. Mary's College

and he was a student, then on the staff at Notre Dame. They married in 1978 and have two daughters.

Daughter Nora lives in Grand Rapids, Michigan. Emma Kelty-Stephen lives in

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Grinnell with her husband and daughter Violet, who will turn 2 in January. Both Emma and her husband Damian teach in the Grinnell College psychology department.

Currently living on the second floor of Buckley, the Keltys hope to be in their new home, 526 State Street, by the time this is published.

They have long been active in their communities. Matt was a professor of forestry at the University of Massachusetts Amherst. He is co-author of one of the seminal books used in forestry courses throughout the country: *The Practice of Silviculture*. As a volunteer, he worked with the Rattlesnake Gutter Trust (the town's land trust) the Leverett Conservation Commission, as well as the Zoning Board of Appeals.

D'Ann's work experience was more varied. She worked in early childhood education for a number of years, as a Montessori teacher, a Head Start teacher, and as director of an inner city day care center. While raising her children, she served as Leverett's elected Town Clerk, issuing birth and marriage licenses, death certificates, dog licenses, and overseeing all local and national elections. As her children grew, she worked for an alternative education collaborative and in disability services at the university. Her

extensive volunteer work includes heading up a committee that successfully built a library and chairing the Friends of Leverett Library board for many years.

The Keltys are easing into the Mayflower and Grinnell communities. While they are eager to move into their permanent home, they have been grateful for living in Buckley as it has allowed them to meet many interesting people. D'Ann has joined the Oratorio at Grinnell College, and enjoys the challenge of singing with this town-gown group. They are both planning to attend the Bucket Courses this fall.

Asked about the derivation of her unusual name, D'Ann responded that her parents had simply made it up, as a combination of their own names, D'Loris and Andrew. D'Ann and Matt point out that the fact of having an apostrophe in your first name creates some problems: for example, her name as written on her Medicare card differs from her name as written on her supplemental insurance card. Having dealt with such problems her whole life, D'Ann says that she made only one request when Emma and Damian were expecting a baby—that they not include any mark of punctuation in the baby's first name. And they didn't.

*Judy Hunter*

### ***WELCOME BILL AND MARY McNALLY - HT 613 State St.***

To long-time Grinnell residents the McNally name is very familiar. McNally's has been a grocery store in the city since 1902 when it was opened by L. C. McNally, Bill's grandfather, and then operated by McNally family members for many years. It is still in business today under new ownership, but still with the McNally's name. Brothers Ed and Jim McNally in the 1940s are prominently featured in pictures of old Grinnell that once graced the walls of the renovated

McNally's and now provide an interesting historical display for the tunnel that connects Pearson and Watertower Square under Broad Street.

Both Karen and Bill were born and raised in Grinnell: Bill, in town, as the son of Ed and Mildred McNally; Karen, on a farm 5 miles south of town, the daughter of Jim and Ruth Higdon. Both are graduates of Grinnell public schools. They lived most of

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their adult years in the Quad Cities area or Iowa City before returning to live and work in Grinnell in 2002. So, we are pleased to welcome Karen and Bill McNally to the Mayflower Community, in the Grinnell that nurtured their growing up years.

Bill completed his undergraduate BA degree from St. Ambrose College in Davenport ('63) before earning his JD degree from the University of Iowa ('67). Bill and Karen married during Bill's senior year in college. After completion of the law degree, Bill practiced law in the Quad Cities until 1994, then as general corporate counsel in Iowa City. While in Bettendorf, Karen managed the Discovery Shops program in Iowa for the American Cancer Society and then, in Iowa City and Grinnell, worked as a closing agent in the real estate field.

The McNallys have two sons, Patrick and Peter. Patrick, a graduate of the University of Iowa, is now a career naval officer, assigned as Chief Public Affairs Officer for the Secretary of the Navy in Washington, D.C. Patrick and his wife Michelle have three daughters and live in Fairfax County, Virginia. Peter, a

graduate of Iowa State University, now manages a consulting company ("The Grinnell Group, LCC") in the wireless communications field. Peter and his wife, Randi, have two sons and a daughter and live in Des Moines.

Bill and Karen returned to Grinnell in 2002, and lived on North Spring Street until their recent move to the Mayflower Community. Upon returning to Grinnell, Bill continued to pursue his legal profession while Karen worked at Ramsey Weeks Insurance and Real Estate for several years.

In Grinnell, Karen is an avid supporter of the local library. She now serves on the Drake Public Library Board of Directors. Bill has served as a member of the Grinnell Renaissance Committee, as legal counsel for Greater Grinnell Development, Inc., and is active in the Grinnell Rotary Club.

The McNallys both enjoy reading; Karen favors fiction while Bill prefers political history. They are very much enjoying living in their new Mayflower Community home.

*Luther Erickson*

## WELCOME NORMA VELDBOOM - P 205

Norma Veldboom's fingernails are so long and beautiful I had to ask her if they were real. "Yes," she said modestly. "They just keep growing." She's lucky that way.

Norma moved to Grinnell from Hartley, in northwest Iowa, where she and her husband Glenn lived after farming for 37 years. They enjoyed life in the country, where they raised mostly corn and beans. For a while, they had dairy cows, but Norma says she could never get the hang of milking: "The cow would look around

like, 'What are you doing?'" She liked having the neighbors come over for a cup of coffee and didn't mind at all when they stayed for lunch.

Later, Norma drove a van for special needs children. She picked them up in different towns and took them to school. "You'd get to considering them like your own," she says, and was always happy when they came back to see her after they were grown and married. Norma's husband

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drove a school bus, too, and received a plaque when he retired.

Another special memory is hosting 2 foreign exchange students from the Philippines. Additionally, Glenn and Norma enjoyed camping, and spent summers in their camper at Okoboji for over 20 years. In the fall, they would travel with their camper and saw much of the country, including states as far away as Utah, Louisiana, and Alaska.

The couple liked living in Hartley and were especially fond of attending a country church called The Maple Grove Church of God. The pastor still calls Norma to tell her she's missed. They were also very involved with Farm Bureau. Her husband received a number of plaques for his service, and Norma was awarded a watch for chairing a branch of the Ladies Farm Bureau in O'Brien County.

Norma's husband died in 2014 after 57

years of marriage, and this year, her children encouraged her to come to the Mayflower. She has three children—Randy, Tami, and Lance. Oldest son Randy, who is retired from law enforcement, and wife Linda live near Mount Pleasant. Daughter Tami, a nurse in Sioux Falls, was just married Labor Day weekend to Greg. Her youngest son Lance is a corn breeder with Monsanto, and farms with his wife Megan on the Raffety farm near Grinnell. Norma also has nine grandchildren and one great-granddaughter. From their pictures, it's clear they are a handsome group. All her children are attentive. "The kids take me shopping and bring me food," Norma says. Lance and his wife, Megan, pick her up for church on Sundays. "I have a fine family," she says, gratefully. Family is certainly another way in which Norma is lucky!

We warmly welcome Norma Veldboom to the Mayflower Community.

*Betty Moffett*

## BEEBE AND HOMECARE SERVICES

**W**e're very lucky to be at Mayflower for a myriad of reasons, the most important of which is that we're able to age in place and to receive services appropriate to our individual needs as they change. Beebe is key to making this possible.

There are 23 single-person apartments in Beebe. None of the residents requires 24-hour care, but someone is overseeing the residents there at all times. Cleaning of apartments and laundry is done by staff. Residents are provided with three meals a day, which are served in the recently remodeled dining room.

I asked Elizabeth Bos, RN and Beebe's Administrator, to explain the two levels of care for residents living there. The first floor, she responded, is dedicated to those who need help with daily tasks of living, such as bathing, dressing and medication management. The second floor is home for those for whom living independently has become too difficult. Chaplin Christine

Tinker said, "When it takes all your energy to take care of your home and you're not enjoying life, you can go to Beebe. There you can get the help you need and have time for activities you enjoy." Elizabeth said that her goal for all the residents in Beebe "is to make them as independent as possible while providing support where needed."

In addition to assisted living and residential care, Beebe's staff coordinates a number of services aimed at keeping independent living residents in their own homes as long as possible. These services include Home Services, nursing assessments, code alert responses, blood pressure checks, pacemaker checks, respite care, transportation to medical appointments, and coordination of



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physical, occupational, speech and language therapy.

I have used the code alert, nursing assessment services and, most recently, the home services program. That program became very important to me when I was discharged from the hospital the day after joint replacement surgery on my right shoulder. Because of Medicare's three hospital rule, I was unable to go to the Health Center or Beebe to recover, unless it was on my own dime.

So, I returned to my apartment with my right arm in a sling, which I was directed to wear day and night for two weeks. Fortunately, one of my daughters had cleaned my apartment thoroughly, done my laundry and cooked up a bunch of meals that I could warm up. She and I arranged with Elizabeth that Calaye Bailey and Angie Douglas, the home services

team, would come in every morning to put a plastic covering on the surgical site to keep it dry, get me in and out of the shower, change the surgical dressing and help me get dressed. It was wonderful. If I'd asked, they would have also cleaned my apartment, changed my sheets and run off-campus errands for me.

It's a great service, and you don't need to have surgery to get it. If you're just worn out or you find it difficult to vacuum or clean your shower, they will take care of that for you. If, at some point, you feel terrible and don't know how sick you are or what you should do, you can call Beebe and, in minutes, get a nursing evaluation in your home. That's really important to know. Thanks, Beebe for all the important services you provide all over our campus!

*Alice Breemer*