

# The Mayflower Log



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## MAYFLOWER PHYSICAL THERAPY DEPARTMENT HELPING RESIDENTS AND THE COMMUNITY

We've all had those days, right? Those times when our bodies hurt from a medical procedure, we exercised too hard, we were having trouble with our balance, or we needed to be stronger in some hard to define area of our body. At Mayflower we have a department to help with that, and that is Physical Therapy. The members of this department are not officially Mayflower employees, but work for Key Rehabilitation, a company headquartered in Tennessee, and they come to us by way of a contract between Key Rehabilitation and Mayflower. The three full time therapists here on our campus are Brett Brennan, the Program Coordinator and Physical Therapy Assistant; Jenny Dacquel, the Physical Therapist; and Andy Van Blair, the Occupational Therapist, who has been on site longest. In addition, there are several local physical therapists who can come in and work along with the full time staff to help when needed.

About the time I volunteered to look into the workings of this department, I discovered that I had unexplained pain in my arm. So this was perfect; I could get better and also find out what I need to know for my article! Here is what I learned first hand:



Brett Brennan, Andy Van Blair

The Physical Therapy Department serves Mayflower residents as well as some out-patients of any age who find out about the department via word of mouth. A doctor's order is needed in order to be seen by one of the therapists, and the Mayflower bills the patient's medical insurance. There is a limited number of sessions, usually ranging from a few weeks to several months of physical therapy based on a two or three-times-a-week schedule. However, that cap may be extended in some cases with Medicare patients whose



Jenny Dacqual with Karen

need for extended sessions is justified. A wide range of diagnoses can be helped with physical, speech, and occupational therapy. Some common reasons for a medical referral are weakness, problems with balance, need for strengthening, rehab following major surgery such as hip or knee replacement, Lymphodema treatment, wound care, or injury

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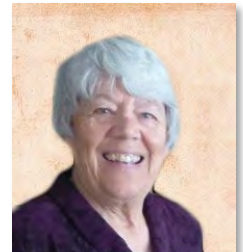
Welcome  
New  
Residents



McCONNELL, Bob (\* Barb)



McCONNELL, Barb (\* Bob)



CONNELLY, Karin



LaCASSE, Jim (\* Marvel)



LaCASSE, Marvel (\* Jim)



RAMSEY, Rick (\* Sue)



RAMSEY, Sue (\* Rick)

WELCOME KARIN CONNELLY - P 209

Karin Connelly has moved into a second-floor apartment in Pearson, but plans to live at the Mayflower for only part of the year. She says she's "coming south for the winter."

Her northern home is in Montana, a home her parents built near Glacier National Park. There, she can do activities she loves—working on the house, cross country skiing, hiking, backpacking, being a lookout for fires for the Fire Service, and cooking for groups of retired smoke-jumpers who do trail work in the backcountry.

Before moving to Montana 18 years ago, Karin lived in Grinnell for 30 years, where her husband Peter, who died in 2000, was a much-beloved professor of English at Grinnell College. So Karin has many valued friends in the community. Karin taught art at Drake, at Simpson, and at Grinnell College, where she also worked in the Writing Lab. She and Peter raised two sons: her older son Chris now alternates between living in Costa Rica, living in Bali, and visiting Montana in summer and at Christmas. Younger son Ben is an author and Buddhist priest who does outreach to recovering alcoholics by teaching mindfulness.

As her Mayflower apartment reveals, Karin is an artist herself. She loves fabric, she loves knitting and quilting and has even dabbled in metalworking. She's painted a variety of watercolors that adorn her walls; she's used fabric from Africa to make curtains for her windows; she's made furniture from cardboard; she knit a headless female figure from red wire. She completed this figure when she encouraged Sit 'N Knit, a group of which she has been a long-time member, to knit a wonderfully eclectic group of human figures.

Karin loves many things about Grinnell, especially some of the changes she sees in the community. She appreciates the good restaurants. And she loves to visit the new Drake Community Library—to attend Bucket Courses, to use their computer (her apartment here has no computer or phone, only a small TV), to watch people who visit the library.

At the Mayflower, she appreciates the craft workshop in the basement of Edwards; she looks forward to the woodworking space that will soon be located in that space. In both the Mayflower and the downtown area, she loves the landscaping that has made the

*(Continued on page 3)*

## WELCOME BOB AND BARB MCCONNELL A 201

Bob and Barb McConnell were neither born nor raised in Grinnell, but they are certainly long-time familiar residents of the community. Their recent move to Altemeier 201 ensures that they will continue being part of the Grinnell community for the foreseeable future.

Barb moved to Grinnell with her parents from Columbia, MO, in 1956. Bob grew up in Algona, IA, followed his parents to Grinnell after attending Iowa State College in 1955 for a degree in engineering. After initially working for George's Hardware in Grinnell, Bob accepted a position with the Telephone Company in 1956, where he continued to work at multiple locations until 1988. After working for the Telephone Company for many years, Bob has pursued a range of mini careers, most recently with his current employer, Image First, in Grinnell. Barb has also held a range of positions, including work at the Credit Union for five years and two years with the Lacina tofu making operation in Grinnell.

Bob and Barb met in the mid 1950s and were married by Rev Leland Mann in the UCC church in Grinnell in 1958. They built the house at 1807 10<sup>th</sup> Ave in 1963 and lived there for 54 years until their recent move to Altemeier. The couple raised two children in Grinnell, a son Bob,

born in 1959, and a daughter Patti, born in 1967, who both graduated from Grinnell High School. Bob graduated from Cornell College and completed an MBA at the University of Iowa on his way to a career as finance director for HP in Colorado. He and his wife have a daughter Jessie. Daughter Patti attended Northwestern College and graduated from Iowa State University with B.S. and M.S. degrees. She now lives in Turlock, CA, where she is the mother of a daughter Tricia and is the CEO of a milk processing company.

The McConnells have always been a serious and hard working pair, but they do find time to have fun with grandchildren and to pursue other interests. I first got acquainted with Bob several years ago when he often accompanied former Grinnell College president Glenn Leggett on one of his regular fly-fishing expeditions to the pond on our rural acreage west of Grinnell. Though he is still not retired, it may be time for Bob to resume his fly fishing career. Barb enjoys shopping and cooking for the holidays, especially things she can send to the kids (of all ages) scattered around the country. It is doubtful that those activities will change for quite some time.

*Luther Erickson*

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spaces so pleasant to look at.

She is glad to be living at the Mayflower, especially to have the facilities management folks to call when she needs something done. At home in Montana, she deals with house emergencies herself; just within the last year she has dealt with mice in her car, chipmunks on the porch, a bear

on her deck, a bat in her house, and a flying squirrel in her living room. This flying squirrel kept removing the bait from the live trap she had set for it, and watching Karin while he ate it. All in all, she finds her apartment at Mayflower "pleasanter. Not so adventurous."

*Judy Hunter*

## WELCOME MARVEL AND JIM LACASSE - B 303

Marvel and Jim LaCasse are familiar faces to many at Mayflower. Marvel taught at Davis School for many years, and Jim works at the checkout at Hy-Vee (18 hours a week these days).

"There aren't many people we see in Grinnell who don't say, 'Hi, Jim,' when they see us," Marvel said.

The LaCasses moved to third-floor Buckley on May 1 from Marvel's family's farm northeast of Grinnell. But don't think they haven't seen the world outside Grinnell!

Marvel, a Grinnell native, graduated from Grinnell High School in 1961, in the last class to finish at the old high school downtown. She earned a degree from the University of Northern Iowa. After her first teaching job in Newton, she headed west to teach in Oregon City, Ore. (She got and took the job sight unseen.) After two years there, she taught at U.S. Department of Defense schools in Iceland, Germany and England.

Jim is a native of Michigan but, because of his father's job with Standard Oil, moved frequently while growing up. (He went to four different high schools, each in a different Midwestern city.) He studied radio-television at Wichita State University, and ended up in Arkansas.

When Marvel returned to the U.S. from abroad to get a master's degree, she chose the University of Arkansas at Fayetteville. You can guess the rest!

The family moved to Grinnell in 1979 to be closer to Marvel's parents, who were facing issues of aging. Marvel began substitute teaching, then took a full-time position at Davis. Jim worked at a variety

of manufacturing companies, at radio station KGRN, and even at the Mayflower Health Center before joining Hy-Vee in 1998. Asked if he considered farming when the LaCasses moved to Grinnell, Jim smiled and said, "I didn't know the first thing about farming."

Watching Marvel's parents put off making a move when they were no longer comfortable in their own home prompted Jim and Marvel to be more proactive in their retirement. They decided last year to seek out a spot at Mayflower, but without a timetable for the change. When Bob Mann showed them Buckley 303 in the early spring, they knew they had found their new home.

"It all happened faster than we expected, but we're happy the way it worked out," Jim said.

The farmhouse is still in the family. The new occupant is their son Jonathan. And Marvel continues to maintain a large vegetable garden that she tends regularly during the growing season. (On the 90-plus degree day of the interview, she had just returned from a stint of weeding.)

In this new chapter of their lives, Marvel will carry on her mother's devotion to making lap blankets for families of military personnel deployed abroad. Jim has boxes and boxes of old photographs he intends to organize. "You don't stop living when you come to Mayflower," he said.

The LaCasses have another son, Matthew, who lives with his family in Sedalia, Mo. There are two grandchildren, Libby and Luke.

*Mary Schuchmann*



## WELCOME SUE AND RICK RAMSEY - HT

Rick and Sue met at Lawrence College (since renamed Lawrence University) in Appleton, Wisconsin. When Sue arrived for her freshman year in 1957, Rick, beginning his sophomore year, was already on campus as a member of the football team. Following tradition, freshmen were given green beanies to wear, identifying them as the new students on campus. Also according to tradition, after football practice, Rick and other members of the team were lined up on a bridge across which newly arriving freshmen were walking. Sue was among them, and Rick claims that when he noticed her, he thought, "There's someone who could probably help me write my papers!" Flash forward through several years and several papers: Rick graduated in 1960, and Sue one year later. They were married the summer after her graduation.

They made their home in Appleton, where Rick had a job with the Marathon Paper Company. He was also a member of the Army Reserves. In a very overcrowded high school, Sue taught English to sophomores and juniors. She had 5 classes with 30 students in each. One class met in the lunch room, another in the auditorium. She had no homeroom and no mentor for support and guidance. When Rick was invited by his father to join him at the Ramsey Insurance Company in Grinnell, Sue said, "When can we go?" In January 1963, they moved to Grinnell.

Their first son, Mike, was born in October 1963; their second son, Jim, in November 1965.

In Grinnell, Sue returned to teaching. This time, she taught English as a Second Language to refugees who had fled the war in Viet Nam and had been living in refugee camps in Thailand and Laos. The refugees came to Iowa at the invitation of

Governor Robert Ray. As a community, Grinnell welcomed these families, finding them places to live and helping them adjust to a totally new way of life. Sue taught adults "survival English" to help them navigate shopping and appointments with doctors and dentists. Her teaching methods heavily involved the use of pictures and charades. Children, who were enrolled in Grinnell schools, adjusted more quickly than the adults to language, food and customs. Later, Sue was employed for 9 years at Stewart Library as a library assistant. Then, patrons located books by using the card catalogue. Checking out books and other materials was done by hand.

In 1969, Bill Weeks joined the Ramsey Agency. Jim Ramsey returned to Grinnell to join the business in 1997. He currently serves as president.

Community involvement has always been important to the Ramseys. They are excited that a growing number of young families are making Grinnell their home and becoming active in the community.

Moving to the Mayflower was not an easy decision for Rick and Sue. They had lived in a home they loved for 46 years, one where their granddaughters spent many happy days and their sons once built a ski run off the deck with a bale of straw at the bottom for a jump. As long-time members on the Mayflower waiting list, they felt it was the right time to move when a duplex built by a former neighbor, Max Smith, became available. Their home in North Harwich gives them the opportunity to be reunited with many of their former neighbors.

We are happy to welcome Rick and Sue to the Mayflower Community.

*Betty Moffett*



## THE MAYFLOWER MINI GIFT SHOP

### *What is it?*

If you go downstairs in Pearson and walk to the south end of the hall, your destination will be on the right. Open from 9:30-11:30 on Mondays, Tuesdays, Wednesdays, Fridays and Saturdays, and from 2:00-4:00 on Thursdays, this large,



attractive space is a shopper's delight. You may find the perfect card (they're all \$.75), the blue scarf you've been looking for, a colorful watering can in the shape of a cow, or a book by a favorite author. Most of the inventory comes from Mayflower residents, who are always trying to downsize, but townspeople also donate—and shop—here.

In fact, the Committee would like to attract more customers from "the outside," since, as committee member M.J. Zimmerman says, "We can't just keep selling to each other." All proceeds from the Shop go to Mayflower concerns; each year, the Committee makes a recommendation for approval at the MRA Town Meeting. In 2017, \$7,013 was divided among the following:

- \* Open Dining Project (\$3,000),
- \* Employee Education Fund (\$1,000),
- \* Human Needs Fund (\$3,000).

### *When did it begin?*

Originally, the space the Shop now occupies was used as an art room, for painting, crafts, and ceramics. In 1975, the room was transformed into the Mini Gift Shop. Ruth Gray, who taught ceramics, wrote, "...the shop is open at all times...If no one is there and you find an item you want, [leave a note and] take it with you. I'll catch up with you some day."

In 1979, George Ernst, president of the MRA, appointed a Gift Shop Committee, and volunteers were recruited to act as shopkeepers during appointed hours. And the Mini Gift Shop as we know it was launched.

### *How Does It Work?*

Bonnie Buntz currently heads the Mini Gift Shop Committee. She explains that this is a big job, but she "likes to organize and manage inventory." M.J. calls Bonnie "the perfect chair." Other members are Bev Anderson, Dottie Blazek, Kathy Herman, and Carolyn Runyan.

In addition, Phyllis Saunders is the scheduler, making sure that one of the 46 volunteer shopkeepers is sitting at the desk, recording sales, and chatting with the customers during shop hours. "I was lucky to get the job," she says. "I like talking to people and I kept my husband's records."

Dottie and M.J. work at displaying the donations attractively—and are obviously successful. According to M.J.,

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the two of them “have a blast.” M.J. is also responsible for the cards.

Bev and Kathy do any necessary cleaning and the initial pricing, though the final price of each item is usually a compromise.

Carolyn is in charge of jewelry—untangling all those delicate chains and finding lost earrings. She and Bonnie, who are co-treasurers, do a daily check of the money, check and recount profits from the day, and make a deposit at the end of each month. Any items that don't sell eventually go to Second Mile. Bonnie makes a delivery twice a month.



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due to any reason such as a fall or a repetitive stress injury. Therapy can also address problems with speech, cognition, feeding, swallowing, toileting, getting in and out of a car, or even a gradual change in the amount of assistance needed. Your family members or friends might be the first to notice that you are not functioning as you used to.

The overall goal of therapy is to return a person to maximum function, whatever that is for that individual. Sometimes the injury is acute with a sudden onset, and for others the injury is a chronic condition that has developed over time. Physical therapy can be very helpful, whatever the circumstances. The therapists also can guide patients as they utilize the equipment available to all of us in the

The Committee works hard every Wednesday for 2 hours, but as Bonnie says, “We do have fun.” And shopkeeper Tommy Haas writes that she “looks forward with joy to my once-a-month shopkeeper job. I enjoy the chance to



know more Mayflower residents and employees, as well as shoppers from the wider community. Besides, I always end up buying something myself.” Clearly, the Mini Gift Shop is, as M.J. says, “a win/win” institution.

*Betty Moffett*

Obermiller Center. This instruction may be the beginning of a healthy exercise routine that will enable a resident to gain strength and avoid injury in the future, even after the visits with the physical therapy department have ended.

I am happy to say that my injury is showing steady improvement under the skillful hands of Jenny and Brett. They have given me exercises that I do at my home in order to strengthen muscles that were not doing the job well enough to keep me strong and healthy. I am better now, and I know that you will also benefit if you need help from the dedicated staff in the lower level of the Health Center, right across from the elevator entrance. Maybe I will see you there!

*Karen Phillips*





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- Mary Schuchmann



*Mayflower Residents  
celebrate the 4th of*

*A Float with lots of bubbles*

*A picnic  
But too hot to  
eat outside*

*An evening  
with Ice Cream  
and sparklers*