

# The Mayflower Log



Fall 2018 - Volume 18 - No. 4

## WELCOMING A NEW ADMINISTRATIVE TEAM STEVE LANGERUD AND KELLIE MCGRIFF

Contemplating the hiring of Steve Langerud as the new Executive Director of Mayflower, I wondered "How did we ever get him here?" And then when meeting Kellie McGriff, the new Associate Director/Healthcare Administrator, and learning of her extensive background with Mayflower, I wondered, "How did we ever get her back?" In both cases it ended up making wonderful sense, and I came away with the feeling that we are all in very good hands!

Steve has been a consultant for most of his career, advising a variety of diverse institutions, corporations, government and other agencies, and individuals about workplace culture and organizational planning. He told me he never intended to apply for the position vacated by Bob Mann, but you know what happens sometimes when you are on a committee of power thinkers looking for a person to hire, and you leave the room for a few minutes? Yes, when you return they tell you that you are the one they have been looking for! So Steve brushed up his resume and submitted it. That is a true story!

On paper, Steve does not look anything like a Retirement Community Executive Director. He's been an archeologist, a street performer, a carpenter, and the president of

a bicycle company, after all. (That list got my attention.) Other things he has been or done would consume the entire *Log* for several issues. But the key thing that the committee saw in him was "That Vision Thing." You know what that is if you have ever sat on a church pastor nominating committee and the first thing you have to do before even looking for a candidate is to write a vision statement. Most of us cringe at the words "Vision Statement." But if you want one, Steve is probably your guy.

Steve always approaches a task, a job, an agency, or any organization that he is a consultant for, with three questions:

1. "Who are we?"
  2. "Where are we going?"
  3. "How are we going to get there?"
- This is a great start for getting to the "Vision Statement."



Kellie McGriff with Steve Langerud

Joining Steve as the Associate Director/Healthcare Administrator is Kellie McGriff, who has apparently held every position possible at Mayflower except perhaps shoveling snow, and that would not even surprise me. She has also worked all over this state and others providing health care and leadership in various health care settings. She is the poster child for what a Retirement Community Administrator looks like! She told me that throughout her travels and providing care to patients she

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## Welcome New Residents



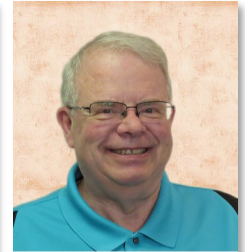
BUCK, Pasha (\* John )



BUCK, John (\* Pasha )



BUDDING, Jeanette  
(\* Lynn)



BUDDING, Lynn  
(\* Jeanette)

### WELCOME JOHN AND PASHA BUCK - B 218

Between them, Pasha and John Buck have done very close to everything.

John has spent most of his life in Iowa, except for the period during and after World War II. After the war, he traveled all over Europe as a Teletype installer and repairman. Though he saw a lot, it wasn't a "fun" time: There was damage everywhere and chaos in the army.

When he returned to Iowa, he married his girlfriend, who made her wedding dress from a parachute he had sent her. The couple farmed in Marshall County and raised their 4 children. Eventually, one of their sons returned from missionary work in Africa, and took over the farm. Then John worked for his son for free!

In his spare time, John is an accomplished woodworker. He has produced many handsome pieces, some of which feature paintings of cranes, loons, and bears. A tray made from dogwood is particularly striking.

In addition, both John and Pasha are musicians. John plays several instruments, including the upright string bass and the tuba. The couple has played with several bands, including The Rio Grande Valley Concert Band in Texas and the Band-Aides in Indianola, where they lived before their recent move to Grinnell.

Pasha started playing music when she was 5. Her mother taught piano, and the family lived in Mayetta, Kansas, population 250, 20 miles north of Topeka. Pasha remembers working from the time she was 3, washing dishes for a penny a day. After high school, she did her undergraduate work at Sterling College and then entered graduate school at the University of Kansas,

majoring in English and Creative Writing. A year after earning her MA, she was asked to teach at KU, where the freshman class was absorbing an influx of returning G.I.s. She remembers taking a Civil War pistol to class one day, putting it on the desk, and changing one student's life. He had planned to flunk out; after that, he never failed an essay.

Over the years, Pasha lived in Nebraska, Maryland, Pennsylvania, and Santa Fe before returning to Mayetta and marrying her childhood sweetheart. While raising her 4 children, she had taught at a PA college, written for newspapers, worked with youth groups, directed a program in NE and KS for USAID, (U.S. Agency for International Development) and, after her husband's death, became the Central Plains Regional Director for Heifer Project, where she met John. In 1998, she became a licensed minister for the Christian Church, Disciples of Christ.

Pasha's go-to instrument is the tenor saxophone, though she can also play alto and bari—and she is learning to play the accordion. She is also weaver and spinner (and a bulls eye rifle shooter since the age of 14).

Is "Pasha" her real name?

She was christened "Patricia Maxine," but a dear friend told her "'Patricia' is too formal for you, and 'Pat' is too abrupt. You should be 'Pasha.'" The word, appropriately, means *spiritual leader*.

Welcome, John and Pasha, to the Mayflower Community.

*Betty Moffett*

## WELCOME JEANETTE AND LYNN BUDDING - P 105

**E**ven before Jeanette and Lynn Budding moved to Mayflower, they put down roots. Roots, that is, in the form of two tomato plants in Mayflower's community garden. Conveniently for them, the garden is located next door to their new Harwich Terrace home at 709 Park St.

Gardening is a longstanding interest of both of them. At their former home on West Street in Grinnell, they had a large vegetable garden, berry bushes and several fruit trees.

Jeanette is a native of Wonewoc, Wisconsin, a small town in west central Wisconsin. She graduated from the University of Wisconsin-Madison with a degree in ag journalism. Her first job out of college was at a PR firm in Cedar Rapids, where she and Lynn met.

Lynn grew up in Wilton, Iowa, and graduated from Iowa State University. He went on to receive a degree from the University of Iowa School of Dentistry and practiced dentistry initially in Nevada, Iowa. A diagnosis of MS in 1984 meant a change of direction. He returned to school and earned another degree, this time in dental public health.

Lynn and Jeanette lived in both Arizona and Minnesota before moving in 1997 to Grinnell, where Jeanette took a job with the communications staff at Grinnell Regional Medical Center. Twenty years later, she is still there, now with the title of director of communications. Lynn has held various jobs (including stay-at-home dad). As of April of this year, he says he is officially retired. Jeanette intends to work a few more years.

In Grinnell, Jeanette served one term on the School Board. She has been president of the local Kiwanis Club and is now lieutenant governor of the regional

Kiwanis organization.

Lynn is an Eagle Scout and was active in Scouting with their two sons. He hopes to become more involved with the community in retirement. Noting that most of his jobs since moving to Iowa have involved a commute, he said he did not have a lot of spare time for outside activities.

He welcomes the move to Mayflower as a way to have more interaction with people. "I'm like my dad," he said, "I like people but I'm not always social. I'd like to have more contact."

Their decision to move to Mayflower happened in a round-about way. When they realized they were struggling with their old two-story home because of health issues, they contacted realtor Kevin Kolbe about selling it. Kevin asked where they were moving to. "When we told Kevin we didn't know, he said, 'How about Mayflower?'" Lynn said. "Even though my parents (Gwen and John) had lived at Mayflower, we actually hadn't thought about it."

A few months later, the Buddings had purchased 709 Park and are living temporarily in Pearson while their Harwich Terrace home is being readied for them. The changes include adding a small deck, which will make it convenient for Lynn to do the grilling he enjoys. (Jeanette's favorite feature of the house – the screened porch – is already there.)

"Things just fell into place," Lynn said. "There were lots of God moments."

The Buddings' two adult sons, John and Patrick, live in Boston and New York, respectively. A visit to the East Coast is on their parents' Bucket List.

*Mary Schuchmann*

## MAYFLOWER'S NEW RESIDENT INTERN

Mayflower's New Resident Intern, Johnny Khuu, is settling nicely in Grinnell.

Johnny is working full-time at MICA, Mid-Iowa Community Action, and living at the Mayflower with the assignment to help Anne Sunday with Mayflower activities and educational opportunities. He is playing the same role that Ariel Lepito did last year.

A recent graduate of San Francisco State University, a commuter school that is part of the CSU system, Johnny majored in political science. Before moving to Iowa, he had lived in the Bay Area for his whole life. Now that he has been at the Mayflower since early July, he says that his previous "abstract" notion of living in a small town has proven real—and he enjoys it. He sees people he knows all the time; for example, as he meditates in the park or shops in a store, he is glad when a MICA volunteer or client or Mayflower resident greets him and engages him in conversation.

Not that it's hard to get Johnny talking. He is interested in people and that interest shows in his willingness to engage with others.

At MICA, his job involves three main areas: he organizes and supervises volunteers; he promotes and seeks to expand the mobile food pantry; and he helps with managing the MICA office.

He greatly enjoys living at the Mayflower because, he says, he "learns a lot." He likes listening to the stories people share with him about their past history; he likes the stories people have to tell. He engages in careful listening, aware always that his life and experience have been



different from those he hears from Mayflower residents. He cites an example: when he was marching with the Mayflower entry in the July 4<sup>th</sup> parade, he gave out bottles of bubbles to children along the route, and he announced "Bubboos," pronouncing it the way the children's character Sponge Bob Square Pants does in the cartoon. When he told the story to Mayflower residents, several asked who Sponge Bob Square Pants was.

Johnny recognizes that, as that story illustrates, there is a lot of popular culture to keep up on these days, even for those who share a demographic. One of his current interests is Japanese anime, an art form that, while it seems to some like cartoons, actually address themes important to his age group.

This interest is part of Johnny's more general belief that all people ought to appreciate what they like, without worrying about whether they fit into someone else's idea of what they should like. This point arose during a discussion of the new popular film *Crazy Rich Asians*; Johnny does not worry about whether he, as a Vietnamese person, fits into some stereotype of Asians. He just wants to represent his own self.

After he graduated from college, Johnny worked as a cashier at Whole Foods, a job he enjoyed because it allowed him to meet and talk with a wide array of people. He chose the opportunity to become part of the AmeriCorps program in Grinnell because the opportunity appealed to his "sense of adventure," and because he wanted to take a risk, to "get on with his life."

(Continued on page 5)

## MEET KAYLEY THOMPSON - WELLNESS SPECIALIST

**K**ayley Thompson, Mayflower's new Wellness Specialist, has spent most of her life in Poweshiek County. Born and raised in Brooklyn, she comes from a big family of 4 siblings and 12 nieces and nephews. Since a very early age, Kayley has participated in a variety of sports, and this interest has grown into a passion for physical activity and wellness.

When Kayley ventured off to Simpson College, she decided to continue her active lifestyle by majoring in Exercise Science. Through 3 internships—at The Village, a senior living center, The American Heart Association, and an independent Wellness company—she found that this was the right fit for her. She also realized that she wanted to help others become healthier by becoming more active.

Kayley's experience in college landed her a job at the Newton YMCA as a Group Exercise Coordinator. There, she taught a variety of classes, including Silver Sneakers, designed for active seniors who wanted to work on muscular strength, range of



movement, and activities for daily living.

Almost a year ago, Kayley, wanting to find a job closer to her home in Montezuma, accepted a position at Unity Point-Grinnell Regional Medical Center as a Wellness Specialist. You can find her at the Paul W. Ahrens Fitness Center teaching classes and instructing clients as a personal trainer. Aside from her work at the gym, Kayley also helps at Blood Screens, doing body measurements for employees at local corporate companies. Over at the hospital, she teaches water aerobics. Her favorite thing about her job is helping people become stronger and healthier, while developing friendships with clients from all walks of life.

Outside of work, Kayley enjoys running 5K races, making vinyl decals, shopping, and spending time with family and friends.

We welcome Kayley to the Mayflower Community.

*Betty Moffett*

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The area where he grew up was homogenous politically, and he is extremely interested in national politics. He looks forward to getting to know an area that is both heterogeneous politically and influential in national politics. After his year at AmeriCorps, he hopes to stay in

Iowa and work in politics as the next national election takes place.

The Mayflower is lucky to have such an enthusiastic and friendly new member of the community.

*Judy Hunter*

## PRACTICING MINDFULNESS AT MAYFLOWER

Internal monologue from a would-be-mindful person:

Let me be present.

*(I wonder what time it is.)*

I am observing my breathing.

*(Oh, look at those pretty flowers over there.)*

I am focused on nothing but the intake and outgo of breath.

*(I wonder when this article is due.)*

If your attempts at mindfulness resemble the monologue above, you might want to talk to Anne Sunday.

Mindfulness is defined as "a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations." (Dictionary.com)

Anne, Coordinator for Mayflower Independent Living Activities, has been practicing mindfulness for many years, and the practice has helped her through many hard times.

In the past several months, she has

*(Continued Ad Team from page 1)*

always considered Mayflower her home and the standard to which she would aspire professionally. How fitting that she joined this team with Steve; they are co-administrators with fluid lines separating the jobs that each can take on, yet each has his and her own area of expertise. They already operate as a team.

I have pages of notes from my meeting with Kellie, but the statement she made that jumps off the page at me is this: "There is nothing better than serving my residents." I actually think she already has that "vision thing" deep in her DNA. The other thing that Kellie said about herself is, "Don't tell me about it if you

coordinated a series of sessions for people wishing to learn more about this practice. The sessions have offered resources and definitions, readings and CDs. For example, she shared material on "Nature Deficiency Disorder" and "Mindful Hikes."

To encourage Mayflower residents to put these resources into action, she has arranged visits to and learning about natural settings. One session, led by Mayflower resident Sue Ahrens, explored identifying birds; others brought residents to Arbor Lake, Rock Creek Lake, and Neal Smith National Wildlife Refuge.

Many health advocates recommend mindfulness for its ability to help people deal with difficulties and enjoy life more. In our own community, Bucket Courses offered by local physician Dr. JR Paulson have advocated mindfulness as a way of improving both mental and physical health. In these days of ever-present electronic devices, it is easy to get caught up in crises—both personal and international—and to lose the ability to calm oneself. Mindfulness can help.

*(Photos on pg. 8)*

*Judy Hunter*

don't want it done." Wow! That is energy harnessed for the greater good.

I am sure many of you have seen articles already welcoming Steve and Kellie to their new positions at Mayflower which reference their backgrounds and families. They both have deep ties with Grinnell and with the Mayflower Community. They both are highly respected in their various worlds of work and professional development. They both have wonderful, hard-working spouses and amazing children. After spending an hour interviewing each of these gifted and gracious people, all I can say is, "Buckle up, we are in for quite a ride!"

*Karen Phillips*

## MUSIC THERAPY AT MAYFLOWER

Kelly Robertson, Grinnell's music therapist for a year, and her husband, Will Frazier, recently moved into Montgomery where they're now residents for a year. The apartment is Mayflower's contribution to getting Kelly's services for a year, which I'll explain below.

Kelly was born and raised in Iowa City. Her family is quite musical. Her father plays classical violin but switched to using his violin as a fiddle in a Scotch/Irish bluegrass band, "The Beggars." Her mother sings and dances. Her younger sister plays piano and also took up the fiddle to play with her dad in his band. Kelly plays piano, guitar, dulcimer and a little saxophone. She earned her B.S. degree from The University of Iowa in Music Therapy and joined Music Speaks, an organization that provides music therapists to several states.

Will was born in Georgia, but he mostly grew up in Anchorage, Alaska. He's been an enlisted man in the Army and the National Guard for 10 years. Now, he's thinking about using his GI Bill benefits to enroll in an officer-training program that will allow him to continue his career as an officer in the Army. Alternatively, he's interested in environmental science, so he may study that instead.

As noted above, Kelly is here in her capacity as a board-certified music therapist. Her employer, Music Speaks, provides music-therapy professionals to Iowa, Illinois, Nebraska and California. In Grinnell, several organizations, including the Grinnell-Newberg School District, Grinnell Regional Medical Center, St. Francis and Mayflower Retirement Communities and numerous music organizations, all came together to request a music therapist from Music Speaks. Kelly

was selected, and she's very excited about being here.

Music therapy has developed as a legitimate branch of science and health care. It has produced a number of books and peer-reviewed articles published in academic journals, established bachelors- and masters-level degree programs and is becoming a common feature in medicine and education.

Kelly reports that music therapy is often done in collaboration with medical professionals or teachers. For example, she meets with the child's teachers before working one-on-one with a child. Her assessment of the child includes measuring the child's physical well-being, cognitive level, emotional status and social skills. Using these measures as a base line, she sets goals for the therapy. Often with young children, the goal may be to develop a longer and more focused attention span, or to get the apprehensive child relaxed enough to enjoy and participate in group activities.

Kelly says that adults also need to be to be assessed in the same way. First, she meets with the medical professionals working with the adult and then she assesses the adult herself. Goals for an adult may be to lessen anxiety or depression, to interact more with the medical staff, or to join other residents in group activities, or to improve memory retention.

Kelly will have a large work load when you consider that she'll be working with three grade-schools and special-education students. She'll also be working with residents in the Health Care Centers at St. Francis and Mayflower Communities as well as Hospice and hospital patients.



Kelly Robertson, Will Frazier

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Steve Langerud, Executive Director  
616 Broad St., Grinnell, Iowa 50112  
(641) 236-6151  
<http://www.mayflower.com>

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She's hoping to be able to do something fun with independent residents too. I think it would be great if she could team up with the Too Many String Band for a concert! She has a lovely voice and a range of instruments she can play. Plus,

she has a big batch of percussion instruments including several drums that sound fascinating. If you see Kelly around, talk to her. You'll see that even her talking voice is musical.

*Alice Breemer*

**TRIP TO ARBOR LAKE, ROCK CREEK LAKE, AND NEAL SMITH NATIONAL WILDLIFE REFUGE.**

# MINDFULNESS

