

The Mayflower Log

WINTER 2019 VOLUME 19, NUMBER 1

Volunteerism—a Mayflower tradition

Volunteering is not merely something that a lot of Mayflower residents do— meet others, it allays loneliness, and it creates strong connections.

it’s a core value of the Mayflower Community as a whole.

If you read the collection of essays entitled *A Journey in Faith: The Story of Mayflower Home* (available at the Pearson desk or through the volunteer-run library), you will find testimony showing how volunteerism has played a major role throughout Mayflower’s history.

The purpose of volunteering is primarily to do good. But volunteering also serves other purposes: it enables people to



Volunteers in the Mini-Gift Shop, (from left) Bonnie Buntz, Dottie Blazek and Carolyn Runyan look over donations.

Academic research confirms the benefits of volunteerism for older people. For example, in a 2003 study from *The Journals of Gerontology*, researchers conclude that “Older adults who volunteer and who engage in more hours of volunteering report higher levels of well-being.” Interestingly, the study showed that volunteers accrue these benefits no matter their gender, race or the type of volunteer activity they engage in.

The Mayflower offers many options for volunteers. To set the tone, members of the board of trustees of the

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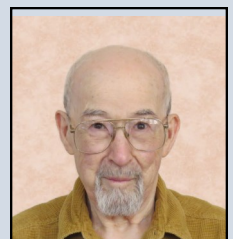
INSIDE

Puzzler: A 9000-piece jigsaw. How and why?.....3

Book of Remembrance for 2018.....4

All aboard!.....7

New resident Rudi Munitz.....5



Volunteerism

(Continued from page 1)

Mayflower Homes serve without pay.

In addition, the Mayflower Residents Association has a robust committee structure, including an executive committee and 12 recognized committees. For 2019, approximately 75 residents will serve on MRA committees and the executive committee.

In addition to serving on these committees, volunteers drive Lester the bus to the swimming pool most weekday mornings, to the grocery store on Wednesday afternoons, and to many events like the Bucket Courses. Approximately 50 individuals serve as shopkeepers in the Mini-Gift Shop.

But perhaps it's the informal volunteerism that is most notable about the Mayflower community. Volunteers keep the community garden going; they orient new residents to the community; they organize the woodworking shop, the art room, the online directory; they originate get-togethers, host in the dining hall, and organize special meals and events throughout the year.

Recent examples of "pop-up" volunteering, where people just see an opportunity and organize the effort themselves, include Mayflower's participation in the last Fourth of July town parade and the Halloween candy offering outside of Watertower Square. One organizer of these efforts, Sis Vogel, says that she and husband Dick look for events that fulfill three goals: fun, fellowship and fulfillment.

The fun and fellowship elements of both the Halloween and July Fourth events are



Kent and Katherine McClelland (left and right) and Nancy Guenther work on the new online Mayflower directory.

quite evident. Fulfillment was found to varying degrees in each. Through the Halloween celebration, we welcomed and began friendly relations with families living near to the Mayflower Campus while enjoying another infusion of children's laughter and exuberance.

The Mayflower presence in the Fourth of July Parade offered another positive example of aging well and an advertisement for "Mayflower Living."

None of this volunteering—the formal and informal, the planned and the popups—even touches on the many hours Mayflower residents devote to causes outside of this retirement community: to the hospital, service clubs, the Mid-Iowa Community Action agency, the Greater Poweshiek Community Foundation, Grinnell College, and innumerable churches and religious organizations. Mayflower residents are indeed fulfilling the core value of volunteerism both inside and outside of the Mayflower Community.

Judy Hunter

Jigsaw Puzzles at the Mayflower

Year-round accessible entertainment

By Luther Erickson

Jenny (my wife of 60+ years) and I have been serious fans of jigsaw puzzles for a long time. So I was pleased to find that such puzzles are conveniently available to, and widely enjoyed by, many residents of the Mayflower Community.

When we moved to the Mayflower in 2014, we brought with us a modest collection of favorite puzzles accumulated over several decades. Especially during the mid-winter holidays, we regularly pull out a favorite old puzzle or two to keep us and family visitors occupied during the cold days and long nights of that season. Most of these puzzles contain 500 to 1000 pieces and fill a space of about 24 inches to 36 inches when completely assembled. Favorite pictures depicted in these puzzles include a collection of the Birds of Sanibel Island, Fla., a 500-piece colored picture of our 2006 family reunion at the old Wisconsin farmstead with its century-old red barn as backdrop for the 50+ extended family included in the photograph, and a 500-piece picture of Lambeau Field, the Packers football stadium in Green Bay.

A sizeable collection of puzzles can be found on the bookshelves in the second-floor library of Buckley Hall, where usually at least one puzzle is under construction at any given time on one of the small portable tables in the library. A larger collection of puzzles, other board games and several small card tables are available in the Game Room on the ground floor of Buckley, off the corridor south of the dining room. Finally, several jigsaw puzzles are usually available for



The champion of jigsaw puzzles at Mayflower: John Noer and his 9000-piece accomplishment.

purchase in the Mini-Gift Shop on Pearson's lower level.

Mayflower resident Joan Baker is another serious fan of jigsaw puzzles and a reliable source of information about protocol for use of the Buckley collections. In general, puzzles borrowed from the collections should be returned reasonably promptly. Furthermore, when a completed puzzle is disassembled, for the convenience of subsequent users, the edge pieces that form the border of the puzzle should be separated from the rest of the

(Continued on page 4)

Book of Remembrance

We recall with gratitude the lives of Mayflower residents who died in 2018

Linda A Kriegel	Eugene R. "Gene" Hintermeister
William "Bill" Francis	Cecil Flander
Gertrude "Trudy" Wehrle	Doris Althelia White Pearce
Erma Cox Lincoln	Donald F. Bunn
Phyllis Smith Christiansen	Aaron Dewayne Hentzel
Emma M. Helmke	Laura Ruth Clower
Mattie Lou Lewis	Carol R. Nielsen
Barbara "Jo" Rosburg	Georgia J. Dentel
Ramon Dean Gruhn	Beryl E. Wellborn
Elsie M. Johnston	Eloise Ann Brown Raffety
D. Ruth Greenwald	Louise D. James McLain
Janice Jolene "Jo" Freese (Schroeder)	James Harley "Jim" McIlrath
David Donald Turner	Lois Ann Gilman
Kenneth "Ted" Tedrick	Sandra "Sandy" Tokle
Lora "Loree" Rackstraw	Donna Rae Keeton
Barbara L. (Roe) "Barb" Duncan	Beverly "Bev" K. Rankin
Dorothy Lowry Gersdorf	James Elvin Dimit

Puzzles

(Continued from page 3)

puzzle pieces and placed in a plastic bag that is added to the storage box containing the other puzzle pieces. The puzzles we usually build and those available at Buckley are usually challenging and sometimes quite intricate, but they don't hold a candle to the monster 9000-piece puzzle that John Noer completed in late fall in the

Craft Room in the lower level of Edwards Hall after almost six months of serious effort. The assembled puzzle depicts a colorful view of an elaborate tropical water scene, which covers an area of about 5 x 7 square feet. Two 10-foot tables were bolted together to provide a stable, level base for assembly on one surface.

Not content to assemble the puzzle and enjoy the resulting picture, John enlisted

the assistance of Jim Beckman of Grinnell's Beckman Gallery to transfer the assembled picture to a lightweight backing and add a frame to permit the framed puzzle to be wall mounted. The framed puzzle was hung in Mayflower's Carman Center.

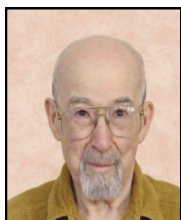
Will the Noers undertake another project like this one next year? We'll see.



Welcome Rudi Munitz

Rudi and his wife, Phyllis, recently moved to Mayflower (B205) to be closer to their daughter, Elissa Lett, and her family, who all live in Grinnell. Phyllis is currently in the Health Center.

Rudi was born in Brooklyn, N.Y. His family, which consisted of his parents and, at



Rudi Munitz

times, a couple of uncles and sometimes an aunt, all lived together in a one-bedroom, one-bathroom apartment. Rudi's father was a house painter who didn't make much money. But

Rudi remembers his childhood with great fondness. No matter how large the family in the apartment sometimes got, he said nobody went hungry.

After graduating from high school, Rudi tried to enlist in the Army but, because of "a small bump" on his lower back, he was told he was 4-F (unfit to serve). So, he went to New York City College and earned a degree in accounting. The Korean War was just ending when Rudi was drafted and told he was not 4-F. As soon as the Army found out that Rudi had studied accounting, he was assigned to do accounting for the Army. He says he learned far more about accounting in the service than he had at school.

When he left the Army, Rudi took a road trip through Europe. The trip took him through parts of Germany. As a Jew, he was apprehensive because of Germany's treatment of the Jews during World War II. However, he found the people there to be unfailingly kind and hospitable.

When he returned from Europe, Rudi got a

job as an accountant for a paint company, met Phyllis and got married. The paint company moved around a lot and finally failed. A friend referred Rudi to another paint company in Maryland, where he was hired and remained for the rest of his working life. Rudi said his father had always told him, "Stay away from paint." But, Rudi found working in the paint company office was easier, safer and far more lucrative than standing on ladders and actually using the paint.

Rudi and Phyllis retired to a small island off the coast of Savannah, Ga., called Skidaway after the Native American tribe that had lived there originally. In fact, Rudi tried to assist at an archeological dig looking for artifacts of the tribe until mosquitoes tried to eat him alive.

Skidaway, although small, has six golf courses, so Rudi decided that he needed to learn how to play the game. He says that he is a horrible golfer with a handicap of 36. But, none of the people he golfed with cared about his handicap. At one point, Rudi says, he taught another man how to play the game. Within a week that man was a far better player than Rudi was. FYI, Mayflower golfers: Rudi may tell you how awful he is at golf, but the man has TWO holes-in-one!

I found Rudi to be a very charming and highly engaging person. He is full of interesting stories and has a wry outlook on the human condition. Please introduce yourself to Rudi. I can guarantee you'll like him.

Alice Breemer

The MRA in 2018

Pop-Up Parties in the garden

Shrimp Boil with Jazz

Party for Ariel with gifts of food for MICA

Many delightful Lyceum programs

Roll-out of the online directory

Saturday afternoon movies with popcorn

Mayflower Bells

Story time with pizza

Rides on Lester Bus

Christmas gifts for staff

Trick or Treat for the neighborhood

Game Nights

These are just some of the things I have enjoyed in 2018 that were either brought to us or supported by the Mayflower Residents Association (MRA). So many residents have told the officers that they appreciate the welcoming and helping

Officers in 2019

President

Linda Myren

President-elect

Gayle Strickler

Secretary

Suzanne Schwengels

Treasurer

Montie Redenius

hands that are extended by neighborhood hosts and the guides assigned to new community members as they move into their new homes. There are many committees that support a variety of programs and offer specialized services

that we can all enjoy.

The MRA has also moved forward with new initiatives such as the on-line directory of residents, which was launched last spring with the help and expertise of several Grinnell College Computer Science students. MRA is also taking a look at the bylaws in an effort to make them current and less cumbersome. New equipment for the community has been purchased with MRA

funds supplemented by the Mayflower administration, and the quality and efficiency of programs offered is benefitted by these purchases.

MRA welcomes new officers and committee chairpersons and committee volunteers. MRA is a volunteer organization, and everyone who says yes to any job in MRA is giving of their time and talent for the greater good of the organization so that we can all have the kind of community we will enjoy having as our home.

We continue to enjoy strong and faithful leadership throughout the MRA. Thank you to out-going co-presidents Kent and Katherine McClelland and welcome to newly elected president-elect Gayle Strickler. Linda Myren will take over the job of president in January, and we are grateful to have Montie Redenius continue as treasurer as well as Suzanne Schwengels as secretary. The MRA is alive and well as we welcome 2019!

Karen Phillips

Taking a trip back in time

All Aboard!" was music to the ears of all 18 Mayflower enthusiasts who boarded the Boone Dinner Train at the station and began our scenic ride on a beautifully appointed dining car one October evening. Prior to the train ride we all had a 90-minute drive across Route 30 to Boone. Once at the station we were free to roam through the James H. Andrew Railroad Museum, a gem that is faithful to a bygone era of elegant train travel.

In the museum we saw nicely presented collections of memorabilia from all eras of train travel in Iowa. We also got to view menus and place settings from the dining

cars of some of the trains that found their way across Iowa. One especially memorable scene in the museum is a complete room that is outfitted with furniture and equipment, an exact replica of a small rural train depot office.



The 12-mile stretch of track crosses beautiful countryside.

Several of us were shocked to see an original sign indicating a fine of \$500 and a year in jail for spitting on the depot floor. That was a lot of money in those days!

The museum also contains a research library and a theater, which shows continuously a film about railroading in Iowa. This museum was a great preview for those taking the dinner train.

The trip, which actually covered the same 12 miles twice, lasted about two and a half hours. Dinner was a three-course meal prepared by HyVee kitchens and graciously spread out over the entire trip. We had a choice from five different entrees: prime rib, Iowa chop, bacon wrapped chicken breast, salmon and vegetarian lasagna. Before that we were treated to artichoke spinach dip with pita chips, salad and rolls with butter. We barely had room for the generous slice of cheesecake drizzled with chocolate syrup at the end.

(Continued on page 8)



Diners D'Ann and Matt Kelty (front) and Ed and Karen Phillips enjoy a three-course meal served in grand style.



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Glenn and Merle Zirkle Retrospective at Grinnell Arts Center



A celebration of the contributions of Glenn and Merle Zirkle to the arts in Grinnell was held recently at the Stewart Gallery of the Grinnell Arts Center. The Zirkles shared a position in the Art Department at Grinnell College for nearly half a century. Merle has lived at Mayflower since 2001.

Train

(Continued from page 7)

Diners were seated at tables of four, and so our conversation skills got a good workout. There was a lot of laughter as we watched some of our group swaying back and forth after trying to stand up and walk in the center aisle as the train lumbered along in a rhythmic pattern of side-to-side movement.

The view out the large windows was spectacular at dusk, and we all had a trip that brought back memories of an earlier time when trains were an elegant way to travel.

Karen Phillips