

A Publication of the Mayflower Residents Association

The Mayflower Log

SUMMER 2019

VOL. 19 NO. 3

Open Dining offers more choices, hours

A cheeseburger and French fries in the mid-afternoon. Breakfast at 9:30 on a sleep-in morning. Fish tacos, anyone?

Such is life now in the Mayflower Health Center under the new Open Dining system.

Open Dining – restaurant-style meals chosen by residents from a printed menu and prepared to order – was introduced in the Health Center in early May. The rollout followed a total remodeling of the Health

Center kitchen from a serving-only kitchen to a true cooking kitchen fitted with new, sophisticated stainless steel equipment.

Under the Open Dining concept, the dining room is open and staffed from 7 a.m. to 7 p.m. seven days a week. Residents are free to eat at any time between those hours. Servers take individual orders from diners at the tables and enter the choices on a touch-screen pad that is linked electronically to the kitchen operation.

For Scott Gruhn, Mayflower's director of food services, the operation is a dream come true. At least a decade ago, he began thinking about ways to make Mayflower's dining experience feel more like home. In 2017 the Mayflower Board of Trustees gave the go-ahead for the project. Two years later, Open Dining was in place.

Scott is gratified with the results. Interviewed in mid-June, he said the new kitchen was functioning well and residents were

(Continued on page 3)



Mary Ellen Lynch selects her choices from the Open Dining printed menu that changes daily. Her favorite meal? Pizza!

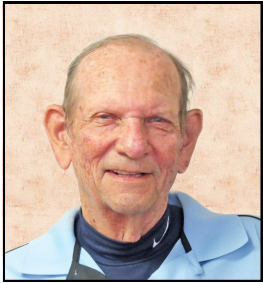
INSIDE: Meet our new residents:

- Roger Stafford
- Bob and Sue Dimit
- Larry and Ruth Robertson
- Vicki Vinall
- Katie Hoisington

Welcome Roger Stafford

Roger Stafford is that rare resident who moved *back* home when he moved to Mayflower (P107) in May of this year.

Roger and his brothers, Lee, David and Wayne, are the sons of Harris and Ila



Roger Stafford

Stafford. The Stafford name is familiar to many Mayflower residents because Harris Stafford was the first director of Mayflower, having been "talked into" taking the position by Mayflower's founder, Royal Montgomery.

Along with several others, Harris created an exemplary start for Mayflower, and he continued to serve as director for 21 years.

Roger was born in Pocahontas, Iowa, in 1942. His family lived in the Blairsburg-Webster City area, where they farmed and ran the John Deere dealership. The Staffords came to Grinnell in 1957, and Roger graduated from Grinnell High School in 1960, having developed interests in such things as hunting, fishing, golf, and escaping from shop class by crawling out the window of the old high school. Roger remembers doing odd jobs at Mayflower during his high school years, like pouring tar on the roof of Montgomery while chatting with his father, who was on the open rafters of Pearson, then under construction. Roger also worked for local contractor, Everett Armstrong, who got Roger the

job of laying all the floor tile in Burling Library at Grinnell College. He had sore knees for weeks after that.

Roger enlisted in the U.S. Army within weeks of his high school graduation. After basic training, he began a 20-year career in the army food service, soon becoming a "mess sergeant." While stationed in the Quad Cities, he met and eventually married Janet White. Army postings for Roger in places such as Hawaii, Okinawa, and Thailand made married life difficult. After several years, Janet decided that she wanted to pursue her career in high school teaching. Roger continued his Army career with interesting postings in Asia, Europe and America until retiring in 1980. His last Army job was at Ft. Hood, Texas, where he met Nora McGhee. They were married in 1980, and resided in Temple, Texas, for many years. Nora was a professor of English at Mary Hardin Baylor University, while Roger got a civil service job running a health and fitness center and a golf course near the Ft. Hood base. When they both retired in 2012, they took up new residences in Scottsdale, Arizona, and Grinnell, Iowa. The snow-bird life suited them, especially Nora, who had a serious respiratory ailment. Nora died in 2016, and Roger soon sold their house in Arizona and returned to Grinnell. We are pleased and honored to welcome home one of the pioneers of life at the Mayflower.

Gene Wubbels

Open Dining

(Continued from page 1)

beginning to take advantage of the new possibilities.

He credits the kitchen and serving staff with adapting to the new arrangement quickly and willingly. "The staff has been wonderful," he said. "It's a whole new way of doing things. For some it has been new technology and they have done very well."

Health Center residents are gradually realizing they can eat when they are hungry and select food that they truly enjoy.

In the beginning, Scott said, most residents chose to continue to eat at their accustomed times, creating a full dining room at 11:45 a.m., for example, with few people eating their midday meal at other times.

"I see that changing gradually, as they begin to realize they can set their own schedules," Scott said.

The printed menu changes daily, with entrees, starches and vegetables on one page, and sandwiches, salads and soups on



Director of Dining Services Scott Gruhn (top left) works with the dining crew to adapt to the new Open Dining routine.



The vendor (at left) for the new Rational Oven (commercial name) gives a demonstration to (from left) Dennis Hess, Darrell Rojohn and Scott Gruhn. The high-tech oven's versatility and flexibility make Open Dining possible.

the other. The same menu is used at noon and in the evening on a single day, so residents can choose when to have their main meal, instead of being limited to a big meal at noon and lighter fare at night.

Special diets are maintained, and staff try to steer diners toward nutritious choices and balanced meals. (Probably not cheeseburgers twice a day!) Individual food intake is recorded, just as it was under the old system.

Overall, Scott feels residents are eating well. "Some have even gained weight," he said.

Scott and his crew are continuing to fine-tune the cooking and serving operations in the Health Center kitchen. Their experience there will be useful when Open Dining is introduced to the Buckley Dining Room later this summer.

The third and final phase will involve adding Open Dining to Beebe in the fall. Just as

(Continued on page 8)

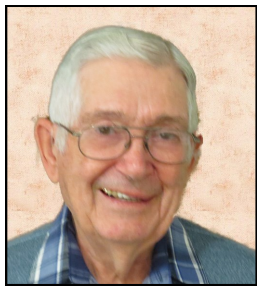
Buckley Garden from my window



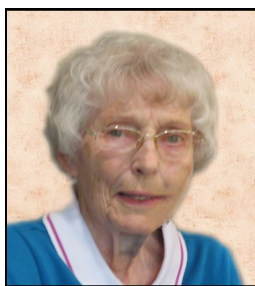
Longtime resident Beryl Clotfelter observes the changing seasons through the window of his second-floor

Welcome Bob and Sue Dimit

Bob and Sue Dimit have very good timing. Just as apartments were becoming scarce this spring, they happened to need a change in their living space and contacted Mayflower. They got very lucky



Bob Dimit



Sue Dimit

and signed on for a lovely second-floor apartment in Buckley that seems to suit them

perfectly! Sue has her piano along one wall in the dining area, and Bob has a painting of pheasant hunters walking their family farm hanging on the living room wall. The farm, now considered a "Century Farm" is the first farm as you drive north on 146 on the east side of the highway, just past the condos on 16th Avenue.

Bob speaks with pride and deep respect for the family heritage of farm ownership. His grandfather loved farming this land; then his father, who was expected to carry

on the family tradition, did not care for farming, but Bob's uncle stepped in after the farm was rented out to others for some years. Eventually, Bob and Sue were able to take over the farm from Bob's uncle, and now the farm is in the capable hands of his oldest son, Mark.

Bob was a Grinnell Middle School counselor during many of those farming years. And Sue was a first grade teacher at Davis Elementary School. To make it all work, he got up at 6 a.m., did the farm chores, then showered and went to his job at the middle school. After school he came home and finished up the rest of the farm work. During the planting season he was often still working at 11 p.m... And yes, there were two sons to raise, Mark and Paul. I think we all know that Sue was busy as a teacher and mom!

Bob talks about his early life in rural Poweshiek County where he attended a

(Continued on page 6)

through the seasons of the year



Buckley Hall apartment. Over the years he has made a photo record of the varying landscape. (Photos by Beryl Clotfelter)

Welcome Larry and Ruth Robertson

Larry and Ruth Robertson recently moved to Apartment 5 in Montgomery. They have lived in Grinnell for several years.

Both were born in Muscatine and graduated from high school there. They didn't start dating until they'd been out of school for a few years, so Larry was attending a community college when the couple got married. After earning his A.A. degree in liberal arts, Larry transferred to Westmar College in Le Mars (closed in 1997), where he earned his B.A. degree and a teaching certificate in secondary-school music education.

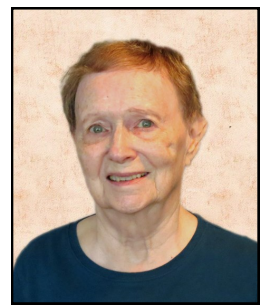
While Larry was earning his B. A., Ruth worked as a secretary to the president of Westmar. When Larry graduated and took his first teaching job in Olin, Ruth worked as a bookkeeper at nearby Anamosa State Penitentiary.

After the Robertsons left Olin, Larry's career took the couple to Guthrie Center and

then to Storm Lake. While teaching in Storm Lake, Larry traveled to the University of South Dakota on Mondays, Wednesdays and Fridays during one year and a couple of summers to earn his M.A. degree in music education. With that degree in hand, he and Ruth moved to Grinnell, where Larry



Larry Robertson



Ruth Robertson

Robertson took a position at Grinnell Middle School. He taught there until he retired, then worked for a few years at Grinnell Mutual Reinsurance Company. He was director of the Grinnell United Methodist Church choir for almost 25 years.

Larry and Ruth have two children, three grandchildren, and six great-grandchildren.

(Continued on page 7)

Welcome Vicki Vinall

Vicki Vinall and her father, Carl, have moved from Newton into the patio home at 528 Mayflower Lane. Her mother, Wilma, has lived in Beebe for almost a year. And while it may seem as though the Vinalls are newcomers to Grinnell, they actually have a long history of connections to the community.



Vicki Vinall

Carl and Wilma farmed near Rock Creek for many years before they retired to Newton. In fact, when Vicki was growing up, she attended Grinnell High School, riding the bus for an hour each way.

While the family lived on the farm, the neighbors across the pasture were the Gruhns; Scott Gruhn is currently the director of food services for the Mayflower Community. Scott's sister Cindy Deppe has been a lifelong good friend of Vicki's.

Vicki's decision to move to Mayflower happened to some degree on a whim. With her mother in Beebe and her father temporarily in skilled care at the Health Center after a hospital stay, she found herself visiting the Mayflower often. Impressed by

how helpful and considerate everyone at the Mayflower was, she says it "seemed like a great place." She asked to look at houses and discovered one she liked a lot. The sun room is perfect for her father, who turned 100 last October, and she has more space than she's ever had.

Vicki's work history has taken her to many different places. She worked in the travel industry for 24 years, mainly in Minnetonka, Minn. Later she worked for employers like Principal, Wells Fargo, and the State of Iowa judicial department. She lived in Des Moines, Minneapolis and Des Moines again until she retired in Newton in 2016.

She still has much work to do for the move: since she and her father are combining households, she has two houses in Newton to prepare to sell. And her father and mother both require care.

But Vicki is also looking forward to having the room to set up her quilt frame, and to have time to garden, knit, sew and do other crafts she learned from her grandmother. And with those interests, she's sure to find kindred souls at Mayflower and in the wider Grinnell community.

Judy Hunter

Dimits

(Continued from page 5)

one-room school (Washington #6). He was the only person in his class. He moved to Grinnell in time to attend high school. He began dating his nearby neighbor, Sue. She attended Grinnell schools, starting with Cooper Elementary School. Bob and Sue sang in groups during their school days.

Since retiring, Sue and Bob have traveled to Europe, Australia, Alaska, and the Caribbean Islands. They have also enjoyed several cruises. They both have been life-long readers, and in the past Bob fished and hunted along with his sons.

Sue and Bob are fortunate to have their family nearby. Mark lives on the farm where his dad still enjoys helping out. Mark's

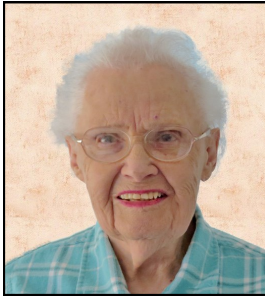
son, Vlad, lives in Newton. Their other son, Paul, works for an electronics company in Des Moines. Paul's two grown children, Ben and Christy, live and work in the Des Moines area.

It seems like Mayflower is a perfect place for Bob and Sue at this time in their lives, with their farm and family close.

Karen Phillips

Welcome Katie Hoisington

Katie moved to her lovely apartment on the second floor of Pearson in early June. One thing that helped Katie make the move was that she left her Grinnell home of 27 years to her grandson, Kelly, and his daughter, Bradlea, who will carry on the family traditions there.



Katie Hoisington

Katie grew up in Dimondale, Mich., a suburb of Lansing, and earned her nursing degree there.

Katie married Bob Hoisington in 1948 and first moved to Grinnell in 1963 when Bob worked for Duo Therm, a furnace company later bought by the Goodyear Company. Bob covered sales for a five state area. Katie was an R.N. and worked in the offices of Dr. John DeMeulenaere and then later, Dr. Gerald Wehr. Katie and Bob celebrated 66 years of marriage before Bob died in the Mayflower Health Center in 2014.

Katie and Bob raised three children – Dick, who lives in Burlington, and two daughters living in Grinnell, Sue Keenan and Sylvia Snyder. This makes family get-togethers fairly easy for Katie, and she has a lot of

support from all her children.

In addition to nursing, Katie was one of the three founders of Second Mile, the popular resale shop in Grinnell, and served on its board for many years. She is a faithful member of First Presbyterian Church, which she attends each Sunday. She has always loved music and appreciates the anthems and organ pieces she hears each week at her church.

Katie is a reader, enjoying both fiction and non-fiction books. When we visited together for this article, her eyes lit up when I told her about the library she could use in the Pearson lobby. She also enjoys knitting and has made many scarves, sweaters, and doilies, although her fading eyesight has made these projects more challenging. Katie is realistic about aging and knows her limits.

When Bob was in the Health Center, they had talked about Katie's plan for later in her life when she would be alone. Bob told her to consider moving to the Mayflower. He said to her, "This is a good place." I think Bob was right: it is a good place!

Karen Phillips

Robertsons

(Continued from page 5)

For now, the family is scattered throughout the Midwest, and Ruth says it's rare when they can arrange busy schedules to all be together. Their son, Scot, lives in Grinnell and

works for Lang Farms. Their daughter, Connie, lives in Laurel and teaches piano. Larry said Connie is a concert-class pianist.

Larry and Ruth are beset by significant health issues that may hinder them from getting to many Mayflower events.

However, they've made their way to the Kiesel Theater to watch movies and they get to Buckley Dining Room, so that's a start. Please introduce yourselves to the Robertsons. They are very nice people.

Alice Breemer



Steve Langerud, Executive Director
616 Broad St. Grinnell, Iowa 50112
641-236-6151
www.mayflowercommunity.org

Nonprofit
Organization
U.S. Postage
PAID
Grinnell, IA
Permit No. 130

LOG Staff

Alice Breemer
Char Ewan
Judy Hunter
Betty Moffett
Karen Phillips
Bill Pollak
Mary Schuchmann
Gene Wubbels

Open Dining

(Continued from page 3)

in the Health Center, the project will in-



Staff member Glenda Lewis takes an order from resident Phyllis Munitz using a touch-screen pad.

volve building a cooking kitchen with new equipment.

The Open Dining system is being funded by donations. To date, approximately \$535,000 has been received. Of that amount, \$462,000 has been used for the Health Center makeover. Remodeling the Buckley kitchen is expected to cost about \$30,000 and will be covered by the money raised so far.

The remainder – approximately \$43,000 – will be applied to the cost of creating the Beebe cooking kitchen, which is currently estimated to cost about \$150,000.

Fund-raising for Open Dining is continuing, with the goal of raising the additional \$107,000 that is needed to start and complete the work at Beebe this fall.

*By Mary Schuchmann
Photos by Bill Pollak*