

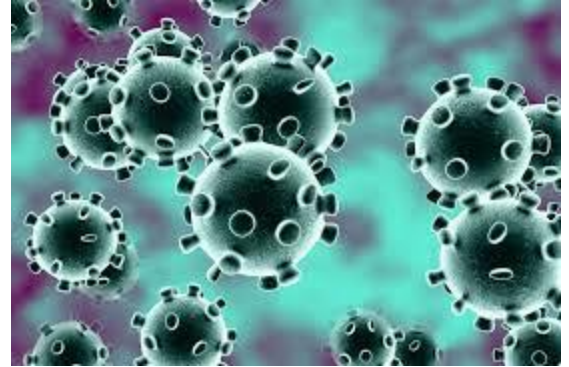
The Informer

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Health Update: Novel Coronavirus

The Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak caused by a new coronavirus (2019-nCov) which was first identified in Wuhan, Hubei Province, China. Chinese authorities identified the new coronavirus, which has resulted in hundreds of confirmed cases in China, including cases outside Wuhan, with additional cases being identified in a growing number of countries internationally.



The virus has been shown to be spreading person-to-person. The first case in United States was announced on January 21, 2020. There have been confirmed cases identified in the United States in travelers returning from Wuhan, China. There have been no cases identified in Iowa to-date. There are ongoing investigations to learn more. The Iowa Department of Public Health is working with federal, state and local public health, and clinical partners to share information.

United States Department of State, Level 4: Do Not Travel Warning, For China

On January 31, Health and Human Services Secretary Alex M. Azar II declared a public health emergency for the entire United States to aid the nation's healthcare community in responding to the 2019 novel coronavirus.

- Commerical carries have reduced or suspended routes to and from China.
- All nonessential travel to China should be avoided.

On January 20, the World Health Organization determined the rapidly spreading outbreak constitutes a Public Health Emergency of International Concern.

The overall risk to lowans currently low.

Questions:



What if I previously traveled to Whuan, China?

If you traveled to China in the last 14 days and feel sick with fever, cough or difficulty breathing, you should:

Seek medical care immediately. Before you go to healthcare facility, call ahead and tell them about your travel and your symptoms.

Not travel while sick. Avoid contact with others.

Cover your mouth with your upper arm when coughing or sneezing.

Prevention

IDPH recommends everyday preventative actions to help prevent the spread of respiratory viruses, including:

Wash your hands often with soap and water for at least 20 seconds.

Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are unavailable.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact with people who are sick.

Clean and disinfect frequently touched objects and surfaces.

CDC does not recommend face masks for the general public.

For more information: search the following, “CDC 2019 Novel Coronavirus”, “Guidance for Travelers CDC”, and “travel.state.gov”

Mayflower Hosted Caucus

On the day of the Iowa political caucuses, Tuesday, February 3rd, The Mayflower Community was proud to host a satellite caucus. 72 residents pre-registered for and participated in the afternoon caucus.

Residents entered the Carman Center, which was set up with round tables, surrounded by chairs. After checking in, the caucus-goers then went to the table that was marked for their preferred candidate.



The caucus was called to order by resident Nancy Wolff, who was elected Chair. Resident Nancy Brown was voted as secretary. The initial count of caucus voters for each candidate was recorded. For supporters of any candidate not “viable,” meaning they garnered less than 15% of the attendees, they had the option of joining another candidate’s table, joining together or staying as a non-viable group.

After this second round of positioning, a second count was collected. This was the final count and four candidates were deemed viable. The meeting then moved on to a limited party platform discussion and adjourned.

In the state of Iowa, there were 1,678 regular caucuses. In addition, 99 satellite caucuses were held. Of this number, 38 were hosted at locations that offer nursing facilities- the rationale being that there would be a high likelihood that some residents would not find the regular caucus sites accessible.

There are 443 nursing facilities in the state of Iowa, so only 9% made the effort that Mayflower did by hosting a caucus. Only one other site in Poweshiek County, the Drake Community Library, was a satellite location. We are proud to be a part of the democratic process.

A side note: Chairperson Nancy assures us- Mayflower’s reporting *did not* delay Iowa’s state-wide voting tally!

A Matter of Balance: Do You Have Concerns About Falling?

Many older adults experience concerns about falling and therefore restrict their activities. “A Matter of Balance” is an award-winning program designed to manage falls and increase activity levels. Enjoy learning practical fall prevention techniques and simple exercises to increase flexibility, strength and balance.

A Matter of Balance is an 8-week structured group intervention course that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Anne Sunday and Kayley Thompson will be offering this **8-week course on Wednesdays from 2:30-4:30 pm, in the Montgomery Lounge**. This educational course, designed by Boston University, is evidence-based and used throughout the country. Leaders are trained by the “Area Agency on Aging.”

It begins on March 11 and continues with the last class on April 29. Each lesson builds on the one before. It is important to be able to attend at least 5 of the sessions.

The course is open to the wider Grinnell community. Invite friends and neighbors who are not Mayflower residents! Cost is only \$20 (scholarships available) and class size is generally limited to 8-12 participants.

Enjoy learning practical fall prevention techniques and simple exercises to increase flexibility, strength and balance. For more information or questions, contact Anne Sunday, Mayflower’s Independent Living Activities Coordinator, or Kayley Thompson, Unity Point Paul Ahrens Fitness Specialist.

Anne Sunday: asunday@mayflowerhomes.com 319.290.9171

Kayley Thompson: kayley.thompson@unitypoint.org 641.510.0004

Register by Monday, March 2nd.

Mayflower's Peg Ehler is Retiring

After 30 years of consulting dietician service to The Mayflower Community (Grinnell IA), Peg Ehler, RD,LD (Registered Dietician/Licensed Dietician) finally gets to focus on food for just her own family!

A native of Iowa City, Peg has lived in Mount Pleasant, Fairfield, Knoxville, Pleasantville, and Newton, while providing registered dietician services to hospitals, nursing homes, and correctional facilities.



Fortunately for Mayflower, Peg began offering services to Mayflower in 1990 as an employee of Skiff Hospital in Newton, her current hometown. In 2009, Peg established her own consulting firm and engaged directly with Mayflower. Working one to two days a week at Mayflower, Peg's duties have included the "five spokes of the dietician's wheel"—care planning, diet consulting, menu planning, in-service education, and documentation.

Peg did her undergraduate work at Iowa Wesleyan University, Mt. Pleasant, Iowa, with enhanced course work at Iowa State University, Ames. She graduated with a degree in Home Economics and Dietetics, as she planned a career in Extension Services. After graduation, Peg interned at the University of Iowa Hospitals and Clinics to complete requirements to become a Registered Dietitian, a certification she has maintained for 44 years.

Married for 41 years, Peg has two daughters in Newton and a son in Chicago.

Peg and her husband have been serving as legal guardian for her eight-year old granddaughter who lives at ChildServe in Johnston, Iowa. That includes daily trips from Newton to be with her during mealtimes.

On Wednesday, February 26th, The Mayflower Community will be hosting two open houses to celebrate Peg's 30 years of work with residents. She will greet Health Center residents and families in the Activity Room at 1:30pm. Then, she will be in the Buckley Dining Room from 2:00 to 3:00pm to meet Beebe Assisted Living and independent living residents.

-Bob Mann, Sales & Marketing Director

PICTORIAL DIRECTORY

Many residents have been asking where it is! It is coming soon, but volunteers are working on having it as up-to-date as possible. There are a couple residents that have not yet been available for pictures. Resident, Selva Lehman, says the goal is to have it ready by the end of February. Thank you for your patience!



Coleen McGriff Turns 103

Coleen McGriff, a resident of The Mayflower Community turned 103 on Monday, February 10th. A native of New Sharon, Iowa, Coleen has lived in both Beebe Assisted Living and the Health Center while at Mayflower.

Coleen's family celebrated with her on Sunday at Mayflower. Pictured are, front, Coleen; middle, grandson Brett McGriff, daughter Cora Lou McGriff, and son Allan McGriff; back, grandsons Cary and Ryan McGriff. Having to miss due to illness was great-grandson Cole McGriff. His mother Kellie McGriff, was the photographer.

When you are 103, you have a lot of McGriff's!

The treats were Cora Lou's cherry cheesecake and frosted sugar cookies, along with angel food cake, strawberries, and vanilla ice cream.

-Bob Mann, Sales & Marketing Director

Tekkie Tutors

Tekkie Tutors are back! They are available to assist residents with computers, printers, cell-phones and other devices. Their schedule continues to be Wednesday afternoons just after 4:00pm for an hour each week. Please contact Rey Evans at 641.236.5503 to schedule tekkie tutor help in your home.



Bookin' It at Drake

Bookin' It @ the Drake, a bi-monthly book discussion which meets at Drake Community Library, will hold its next meeting on Thursday, March 12 at 7 p.m. The book to be discussed is "*Educated*" by Tara Westover. A memoir about a trauma filled upbringing in Idaho within a survivalist family that rejects modern medicine and public education.

The book group is open to the public and chooses both non-fiction and fiction titles to discuss. Drake Community Library purchases several copies of each title for general circulation so that anyone wanting to participate may do so.

More info can be gathered from Marilyn Kennett at 641.236.2661.

Reminder: Winter Wellness Getaway on February 15, 2020

Everyone deserves some time to recharge and refresh. Especially YOU. UnityPoint Health Grinnell's Winter Wellness Getaway is packed with wellness and fitness sessions to lift your health and overall well-being. Various classes include spin, yoga, cooking classes and more! Check out the full listings at UnityPoint Health's website.

\$75 for day classes+ speaker + dinner at Hotel Grinnell or \$45 without day classes.

On the Podium:

Sports Illustrated: Memorable Images from Sports History

Information: The Podium is located in the Pearson Lobby. Large books, replete with photographs, are placed on the podium and changed on a monthly basis. Thus, notices about these books appear every month in *The Informer*. Please see previous issues to learn more and contact Betty Anne Francis at 641.236.9295 should you have any questions.

Lester the Bus Transports Mayflower Residents

Four volunteers have been driving the Mayflower Lester the Bus (14-passenger shuttle van) between Mayflower campus and other destinations. The drivers are Sig Barber, Greg Buntz, Lyle Roudabush, and Kevin Stutz.

The primary 'group' destinations include the Community Education Council on Wednesday morning "Bucket Courses," the Wednesday afternoon "store runs" (McNallys, Fareway, Walmart, and Hy-Vee), and the weekday evening and weekend afternoon Grinnell College basketball games.

From time to time, other Lester the Bus rides are available to special events in the Grinnell area. There is no fee for Mayflower riders to these events.

-Bob Mann, Sales & Marketing Director

New Residents

Please welcome Jim & Janet Ferguson who moved into Buckley #305.
Please welcome Temesha Derby, *Informer* editor, who moved into Altemeier #102.

The 40,000 Piece Puzzle at Mayflower is 7/10ths Complete

One year ago on February 2019, John Noer, a resident of The Mayflower Community, began working on a 40,000-piece puzzle. Composed of 10 frames of Disney characters, John has now completed seven of the frames.



The most recent completion is called “Jungle Boy.” John observed, “This one was difficult because it contained so much green!” (He was fortunate it wasn’t “Ocean Boy.”)

The 6’ x 22’ Ravensburger stumper was delivered to Mayflower’s Edwards building in a 3’ x 1’ box containing 10 pouches of puzzle pieces. Each pouch was the makings of one vivid Disney scene, inclusive with characters.

Working in Mayflower’s Basement Craft Room on two side-by-side six-foot tables, John scoops up pieces with a big spoon and spreads them out by color and edge shape.

John is now working on frame #8, “Fantasia.” Then, it will be on to “Ariel, The Little Mermaid” and “Peter Pan” to finish all 40,000 pieces. Where will it hang once completed? This has yet to be determined!

-Bob Mann, Sales & Marketing Director

Be Part of the MRA Audio-Visual Team

Gordon Packard and Jack Gustafson, who have been stalwarts of the Audio-Visual team, want to be relieved of their long service at the end of 2020.

We would like to have a maximum of three people join as continuing members of the committee. The committee currently consists of Karen Phillips, Howard Raffety and Gerry Guenther. Familiarity with sound systems and projection

equipment is welcome, as is willingness to learn. Starting immediately would be good for “learning the ropes.”

If interested, contact Jack Gustafson- 641.236.0650, jacwal32@gmail.com

-Gene Wubbels, MRA President

Resident Birthday List:

Feb. 10	Coleen McGriff
Feb. 11	Bob McConnell
Feb. 14	Nancy Wolff
Feb. 15	Gordon Packard, Frances Robbins, Vicki Vinall
Feb. 16	Elaine Noe, Bill Tinker, Gretchen Isenberg
Feb. 19	Addy Hanson
Feb. 21	Dorothy Williams
Feb. 22	Phyllis Munitz
Feb. 24	Leo Lease
Feb. 25	George Drake
Feb. 26	Catherine Rod
Feb. 27	Larry Gorsuch



MRA Movies + Screen Times

Feb. 15 th	A Nun's Story	(152 mins)
Feb. 22 nd	The Curious Case of Benjamin Button	(165 mins)
Feb. 29 th	Notting Hill	(214 mins)
March 7 th	Zeigeld Follies	(117 mins)
March 14 th	Ocean's 11	(127 mins)

Submissions to The Informer
[\(\[tderby@mayflowerhomes.com\]\(mailto:tderby@mayflowerhomes.com\)\)](mailto:tderby@mayflowerhomes.com)

Submission Deadline:

Thurs, Feb. 20th
Thurs, March 5th
Thurs, March 19th

Publishing Date:

Fri, Feb. 28th
Fri, March 13th
Fri, March 27th

**Grinnell Stories:
African Americans of
Early Grinnell**

A Book Talk by
Professor Emeritus and local
historian, Daniel Kaiser



4:15 P.M.
February 18, 2020
Burling Library, Burling Lounge
Light refreshments will be served.

Co-sponsored by the Department of History and the Grinnell College Libraries.

The author, Daniel Kaiser, a retired Grinnell College Professor of History and a member of the Museum Board, will discuss the book and read brief selections at a book launch at Grinnell College's Burling Library lounge (1st floor), Tuesday February 18, 4:15 PM. Everyone is invited. Light refreshments will be provided.

Book Launch

In early February the Grinnell Historical Museum will publish GRINNELL STORIES: AFRICAN AMERICANS OF EARLY GRINNELL. The book's twelve chapters introduce some of the more than 200 African Americans who lived in Grinnell between its founding and 1950. The idea is to help color in Grinnell's history which has rarely given space to the African Americans who lived and worked here.

The Forum

The FORUM is scheduled for March 10, 2-3:30pm in Kiesel Theater, will focus on an important aspect of Grinnell's history: "Uncovering Grinnell's African American Past." Please come and become better informed about our town's past, and the difficulties discovering it.

Dan Kaiser, Professor of History Emeritus at Grinnell College and author of "Grinnell Stories: African Americans of Early Grinnell (2020)" will discuss some of the challenges of researching Grinnell's African Americans, and the importance of doing so. He will also read brief selections from his recently published book and entertain questions.

Armchair Travel

Tues, Feb. 18 th :	Sweden, Michigan and Minnesota
Tues, Feb. 25 th :	Ireland, Missouri and Mississippi
March 3 rd :	Chile, Montana and Nebraska

Lyceum

Thursdays at 7pm in the Carman Center

Feb. 20th - Vox Feminae, a women's vocal group from the college

Feb. 27th - Shults & Co., music from their latest show

March 5th - International students from the college

March 12th: Gail Bonath and her music students

Hear Ye Hear Ye
Come one, Come all to the:

Mayflower Colonial Plymouth Dinner

Thursday February 20th, 2020

RSVP by Monday, February 17th at noon!

Cost: \$12.00

Say thanks to your hosts, Marvel & Jim LaCasse &
Alicemary Borthwick!

Social: 5:00 pm Dinner: 5:30 pm
Beer, hard Cider, cider

Appetizers served at the table: Dessert

Tray at the Table:

Variety of cheeses

Pound Cake with

Fruit sauce

Homemade Crackers

Gingerbread

Pickles

Deviled Eggs

Shrimp

Entrée Served Buffet Style:

Stuffed Pork Loin

Succotash

Corn Bread w/ Jam and

Baked

Honey Butter

White Fish

Roasted Turnips and Parsnips

Sweet Potato

Braised Kale, Chard and Leeks

Stewed Apples & Cabbage

You don't want to miss this! Park your muskets
at the door!