

The Mayflower Log



WINTER 2020 VOLUME 20, NUMBER 1

WILL IT FIT?

Mayflower Residents Share Their Downsizing Advice

Shall we keep it, or shall we toss it? This question has undoubtedly been asked by every member of the Mayflower community when contemplating a move to the Mayflower. For many, the question surfaces over and over again as they have placed themselves into increasingly tighter living spaces. Each of these moves requires more difficult decisions as to what to let go of and what to keep. Welcome to "Downsizing 101."

I asked several Mayflower friends how they approached the topic of downsizing. My first stop was the Watertown Square apartment of Dorothy Williams. She said that there were certain special items of furniture she would not ever be able to give up. I immediately felt I found a kindred spirit when she said that.

Dorothy's apartment is beautiful and contains so many interesting and pleasing pieces of furniture and works of art that it was a feast to my eyes. I asked her which pieces of furniture she would not

be able to let go of, and she told me about two chairs she bought while traveling in Europe with her husband, Wendell, early in their marriage. She went shopping at Den Permanente in Copenhagen, which contained the best in Danish Modern design.

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INSIDE: MEET NEW RESIDENTS

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WILL IT FIT?

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She has brought them along with her on every move, and now they are here. While living in Illinois, a friend told her, "Dorothy, you never will be a baglady,"



Dorothy Williams purchased this chair years ago in Copenhagen.

because this exact chair had been featured on the popular "Antiques Road Show" and was appraised at top dollar. That cemented in Dorothy's mind that she could never part with it.

Dorothy did part with a lot of things, however, in order to move to her apartment, and here I think

most of us can relate, even though we might not have a "Roadshow-worthy" chair. She shared these ideas for downsizing: offer items to family members, advertise items in local newspapers and shopping sites, hold garage sales, and after all that, call a charity to come and haul useful pieces of furniture away.

Dorothy kept the things she was most sentimental about, and they are not necessarily the most valuable items. For example, she has several framed posters, visual reminders of her work as a publicist for the University of Illinois College of Fine and Applied Arts. These posters are meaningful reminders of who Dorothy is as a person as well as some of what she accomplished professionally. As for what she gave away in various moves? Dorothy calls it "deaccessorizing."

My next stop was to the Altemeier apartment of Bob and Dot Anderson. Several years ago, they moved from a large home with a basement to a smaller apartment. Obviously, downsizing thoughts went into that move. From the Andersons I learned in more detail how to pass things on to a large extended family. After deciding exactly what they wanted in their new space they took pictures of each furniture item they would not be able to use and sent these pictures to their children and grandchildren. As the responses poured in, they recorded preferences. They are leaving it up to their family to come and take things away. One piece, shown here, is an oak china cupboard. Now it sits in their dining area, but they know that it awaits its next proud owner. Meanwhile they enjoy it.

Bob and Dot also planned a silent auction for many of their items, but the sale had a twist. The auction was only open to Mayflower staff. All the proceeds were donated to the Mini Gift

Shop, so this project not only helped Mayflower employees find gently used but worthwhile items, it also benefitted the Human Needs Fund which was the desig-



Bob and Dot Anderson still enjoy their oak china cabinet.

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nated recipient that year. The day of the sale was a delightful day for them as well as for the many helpers from the Mini Shop committee, and additionally the Andersons had a good feeling that they were helping staff. Other fragile items went directly to the Mini Gift Shop, and several pieces of furniture were donated to the Pilgrim Heights Camp near Montour.

What do we learn from talking to these people who have been successful at downsizing? First, give your prized objects away to family and friends. Next, find ways to pass things that are usable along to people who can really use them. If you have very valuable items, take them to an auction house, sell to an antiques dealer, or post them on a resale site such as Ebay.

Locally there are resale shops that will take used items in good condition. The Andersons gave their items to Mayflower's Mini Gift Shop, but other places to take items you wish to donate are Second Mile, 515 3rd Ave. and Goodwill of Central Iowa, 230 West St. While mainly interested in clothing, both of these stores will take some household items. (The Mini Gift Shop at Mayflower does not take clothing.)

Sometimes furniture can be donated to a camp, a charity such as Andersons and Dorothy supported, or a safe house for victims of domestic violence or people who have been released from prison. There also may be a local home, which is set up as housing for the mentally ill. You will need to explore beyond Grinnell to find these programs. There is also an auction business in Marshalltown, Van Metre Auction Co, 1603 Iowa Ave. W., Marshalltown, IA. Finally, there may be a local service such as "Tracey Stoll Professional Downsizing," advertised on a bulletin board in Buckley.

Treasure Chest

Many Mayflower residents have brought precious collections with them, and while not ready to give up these collections, they may not have space to display them in their homes. The Mayflower Treasure Chest is a wonderful way to share these interesting collections with your neighbors here at Mayflower. There is a large glass-front case in the library area of Pearson, and each month Jan Peak helps fill the space with Mayflower Residents' precious collections. Contact Jan Peak if you have a collection that could be shared.

Tracey will come in and provide a free consultation, evaluate your belongings, help you decide what you might need and what you might be able to get rid of, and will help you in following through on the plans you made.

The more I talk with people the more I learn about how important it is to them to distribute their precious objects. It is clear to me that people's possessions are a reflection of lives they are proud of as well as their values. Letting go of these items involves a great deal of thought and can potentially be fraught with emotion. The things we have collected throughout a lifetime and while building and nurturing a family are wrapped in stories and nostalgia as well as a sense of historical context. The trick to letting go is to honor those memories and to find a good new home for the most important representations of our values. I also have learned that there could be something very satisfactory about passing on pieces of ourselves to the future as opposed to clinging to every item we own, like a stubborn hoarder, and not having any plan for what will happen to the keepsakes once we are gone. The goal is to find a recipient who values the gift as much as we do.

For additional useful ideas on the topic of "downsizing" see Margareta Magnusson's book, *The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter*.

Karen Phillips

Welcome Bill and Lisa Case

The nicely redone apartment at Pearson 206 became home to Lisa and Bill Case in early October. The Cases also have another residence in Iowa City. Lisa was born in Iowa City to parents who were both physicians at the University of Iowa. She has three sisters and two brothers. After attending Grinnell College for three years, majoring in biology, Lisa decided to take a leave in 1970 after the early closing of the College that Spring. She worked for a year as a nanny in New York City, and finished her baccalaureate in 1972 at the U of I as a history major. After obtaining a degree in Library Science



Lisa Case



Bill Case

at the U of I, Lisa became a reference librarian at the University of Nebraska-Lincoln in the Colleges of Agriculture and of Dentistry. She then changed direction and went to Dental School at the U of I and completed a residency in endodontics in 1986. For 10 years she served on the faculty of the U of I Dental School, and then carried on private practice in Cedar Rapids until she retired in 2011.

Bill grew up in Manlius, New York, a suburb of Syracuse. He has two brothers and

two sisters. He completed his B.S. degree with a major in physics at Syracuse University in 1963, and his Ph.D. with a thesis in theoretical particle physics at Syracuse in 1972. It was very hard to find academic jobs in 1972, so Bill took a job at Chrysler Corp. in Syracuse. He then found a physics job at SUNY-Binghamton, before accepting a faculty position in physics at Hobart & William Smith Colleges. He came to Grinnell College as a physics professor in 1980. Bill was a member of the Physics Department for 33 years before attaining Senior Faculty status in 2013 and retiring in 2018. He has published work in the three major areas of physics: mechanics, electrodynamics, and quantum mechanics. He has a special interest in simple mechanical systems which, though simple, are often difficult to analyze. Since his retirement Bill continues to work with students and to pursue physics research.

Lisa's daughter, Leah, is a special education teacher in Seattle. Bill's daughter, Kristin, is a pharmacist with CVS in San Antonio and has two sons.

Lisa and Bill are continuing to pursue their hobbies of knitting and photography, respectively, some products of which were displayed in a fine joint show in Iowa City in 2018. Lisa gained the Master Knitter designation in 2004, and Bill has gone on photography tours to Iceland and Patagonia. They are planning a photography tour of New Zealand in 2021.

Gene Wubbels

Welcome Sheila Gause

While Sheila Gause has just recently moved to Grinnell, she is quite at home here. During the 40 years that she and her husband Bryce lived in Lynnville, IA, they became familiar



Sheila Gause

with many groups and individuals in Grinnell.

They both loved playing golf, and were members of the Grinnell Country Club for over 20 years until Lynnville got its own course.

Sheila has been a member of PEO Chapter NF for many

years, and has made many Grinnell friends through that organization. Sheila's mother, Shirley Clark, lived in the Mayflower assisted living unit for 10 years.

Unfortunately, Bryce died unexpectedly last year. While Sheila did not plan to make a big move quickly after that loss, she put her name on the Mayflower waiting list for future consideration. She agreed only reluctantly to Bob Mann's invitation to look at some apartments. But when she saw the Watertower apartment, she loved both the apartment and the view into the Jewel Garden it provided. She decided that it might be time to move.

Sheila grew up in Northeast Iowa, on her parents' dairy farm. After graduating from Postville High School, she earned a marketing degree from the University of Iowa. There she met Bryce; they married after Sheila graduated. When they returned from their honeymoon in Minneapolis, he received his draft notice to serve in the military.

They lived in Massachusetts for four years during his military service. Then the couple moved to Indianola, IA, where Bryce completed his degree in accounting at Simpson College.

During this time Sheila worked in Des Moines for what is now Principal Financial as an insurance analyst, first on group policies and then on individual insurance policies. When the company offered a new product, she drafted the policy language and filed it for approval with the insurance departments in each state. Her language had to comply with laws in all fifty states, and she continually monitored changes in states' insurance law to keep the policies up to date.

After 13 years of working at People's Trust and Savings Bank in Indianola, Bryce became the President and CEO of The First State Bank in Lynnville, from which his father had just retired. In 1980, the couple moved to Lynnville, Bryce's home town.

In Grinnell, Sheila has continued many of the activities she has done for years. She plays bridge regularly with a group in Grinnell. She is returning to golf, playing with the Wednesday morning women's golf group at the Grinnell College Golf Course. She enjoys the camaraderie and is looking forward to playing more golf next year. Sheila is also a pickleball enthusiast. She learned the game when she and Bryce wintered in Florida and hopes to play in Grinnell.

Judy Hunter

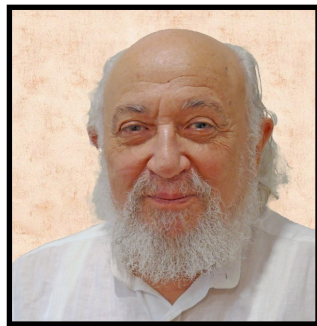
WELCOME HAROLD KASIMOW AND LOLYA LIPCHITZ

Lolya Lipchitz and Harold Kasimow have traveled long distances to settle, first, in Grinnell, Iowa, and now, in the Mayflower Community. We are fortunate to have this generous and accomplished couple among us.

Lolya was born in Manhattan, NY (her mother was born in Berlin; her father, in Lithuania). She attended public school at



Lolya Lipchitz



Harold Kasimow

Hastings on Hudson for her K-12 education, and then enrolled and graduated from Barnard College with a major she created, a combination of biology and philosophy.

Harold was born near Vilnius, Lithuania, just before World War II. He came to the United States in 1949, living in the Bronx and Manhattan, and attended a traditional Jewish high school, the Talmudical Academy of Yeshiva University. He then enrolled in the Jewish Theological Seminary—and attended the American Academy of Dramatic Arts. There, he wrote a play—which, he admits, was *not* a hit.

In 1961, Harold was drafted into the active army. After his discharge, he entered graduate school at Temple University, majoring in Religious Studies.

In 1972, Grinnell College was starting a Department of Religion, and, wisely, hired Harold to teach World Religions.

His students remember him as an inspiring professor. (Harold fondly recalls creating and teaching a course called The Human Image In Modern Drama with Sandy Moffett.)

Harold and Lolya met in 1977, at the American Institute of Buddhist Studies in Amherst, Massachusetts. Harold was preparing to teach Buddhism, and Lolya had a personal interest in the subject. They had rooms in the same dorm, and Lolya remembers having to explain to Harold how to get meal tickets. The couple married in 1978.

While Harold taught at Grinnell College, Lolya studied at the University of Iowa, earning a Masters degree in Linguistics. From 1997 to 2001, she worked at the college's Peace Institute and taught English as a Second Language. For 20 years, she served as the chair of the Grinnell Human Rights Commission. In addition, with two others, she founded the Alternatives to Violence Project, conducting workshops at Iowa prisons.

Lolya and Harold have two daughters, both of whom graduated from Grinnell High School. Sophie works for Bernie Sanders in his Senate office; her husband, Seth, works with Eco Agriculture Partner, encouraging ecological farming practices around the world. Sophie and Seth are the parents of beautiful 15-month-old Julia Cookie.

Johanna teaches acting at Franklin and Marshall College, works with others in creating plays, and is herself a fine actor.

Their parents, and the rest of Grinnell, are always delighted when the Kasimow 'girls' come home.

Betty Moffett

WELCOME ANN IGOE

Ann Igoe has moved into Buckley Hall, and Mayflower has gained yet another talented and accomplished resident.

Ann has lived in Grinnell since 2010, drawn to this community by Cheryl Neubert, her friend since their shared childhood in Newton, Iowa.



Ann Igoe

When the two vacationing friends were riding a train through the French countryside, Ann, who then lived in Carmel, CA, mused that she was ready to retire. As they discussed options for

where she might choose to retire, Cheryl suggested "Why don't you just come here?" and Ann did.

Her career had taken her to many different places. Her PhD in instructional technology gave her expertise in online instruction and the evaluation of learning.

She put her knowledge to work in many different venues, working for companies like Intel, Motorola, teaching for Grand Canyon University and Arizona State, consulting with many different companies including IBM, and evaluating programs for the National Science Foundation and the Naval Postgraduate School in Monterey, CA.

Since moving to Grinnell, Ann has been a quilter (she loves fabric, loves sewing, loves solving the problem of the pattern; however, she does not appreciate doing it over and over). She also enjoys genealogy and reading and is exploring two more hobbies: book binding and beading.

But her true passion is her work with the Grinnell Historical Museum, where she is

currently the vice president and the person in charge of collections. She especially enjoys the museum's annual outreach to third graders, who come to the event having read the local history book *Grinnell: Our Prairie Town*, a project of the museum. The youngsters who visit often recognize exhibits, tell stories of their families that connect to the history they've learned, and bring their families back to visit the museum later.

One of Ann's important museum projects is digitizing records. She points out that the photos often depict precious scenes with good stories behind them. For instance, one cyanotype depicts a man in his backyard at 7th and Broad Streets, with his homemade cyclotron, a round enclosure in which he could ride his bicycle around and around.

Ann regards her work with the historical museum as similar to solving a big puzzle to find interesting stories. For example, records reveal that in the 1870's and 1880's, a group of families moved to Grinnell from Bath, New Hampshire. Ann is curious about the story behind this event: What prompted a whole group to move to this prairie town from Bath?

Ann's late husband was older than she, so that when she married she became a grandmother to two. One foster child and two more children later, she has three daughters: one runs a paralegal business in Phoenix; one works in graphic design for an organic cosmetic firm in Taos, NM; and one works in instructional design and development for accounting firms in Raleigh NC. The latter recently married and is about to make Ann a grandmother yet again.

Judy Hunter

WELCOME JOAN MOHAN

As the third of 10 children, Joan Mohan is no stranger to living in a community, and we welcome her to the Mayflower.

Joan was born in Brooklyn (NY, not IA) and grew up in the D.C. area. Her father was a career Navy officer, stationed at the Navy Department and then the Pentagon.



Joan Mohan

Joan's mother, who performed as a ballerina, opened a school of elocution and dance, when she was 18. Most of Joan's siblings still live in the Washington/Baltimore area and are associated with the government at some level.

After high school, Joan graduated from Trinity University in D.C., a private women's college, which both Nancy Pelosi and Kellyanne Conway also attended! She then acquired a Masters degree from Johns Hopkins University and took a job teaching high school history in the Baltimore suburbs. The school librarian introduced Joan to John Mohan, and within a year, they were married.

Joan lived at Moscow State University for an academic year (1971-72), while her husband was continuing his research at the Lenin Library. The Mohans also spent a semester in Zagreb, Yugoslavia, during the last months of Tito's rule.

In 1973, Grinnell College hired John, who had received a Ph.D. in Russian Literature

and Language from Cornell University in Ithaca, New York. At Grinnell, he and his colleague, Shelia McCarthy (also a Cornell graduate), built a strong and widely recognized Russian Department.

Joan did substitute teaching until 1976, when the Mohan's first son, Jake, was born. His brother, Joseph, was born in 1981.

In 1983, Joan became the Director of the college's Reading Lab, whose purpose is to help students read and learn more efficiently. She served in this position for 36 years.

Her older son, Jake, is now a Writing Instructor at Macalester College; his wife teaches 8th grade in the Minneapolis school system. The couple has a daughter, Elliott, who was born in August 2018. Her second son, Joseph, is Director of Production in the Publishing Department at the Art Institute of Chicago.

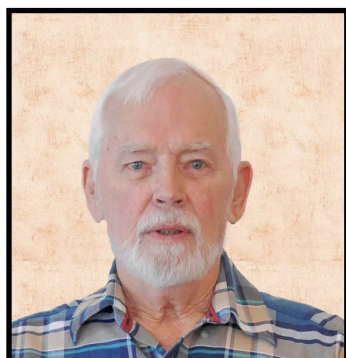
Joan is an active member of St. Mary's Catholic Church, the Poweshiek County Democrats, and the League of Women Voters.

After her husband's death, Joan continued to live in their Elm Street home. Last spring, she decided to join the Mayflower community, where she has many friends.

Betty Moffett

WELCOME GENE ROHR

A world traveler with deep roots in Poweshiek County moved into newly remodeled Pearson 212 on November 6. Gene Rohr was born in Red Oak, Iowa, in 1940, and lived his first ten years in Carroll, Iowa. Gene's family next lived on a farm near Searsboro for five years, and then moved to Grinnell. He graduated



Gene Rohr

from Grinnell High School in 1958. He describes what he did in high school as, "working hard and getting good grades." Gene studied at Simpson College for two years, ran out of money, and went with a friend to live and

work in Chicago. They rented a coach house in Evanston behind a mansion on the shore of Lake Michigan. Gene worked as a lab technician for the Portland Cement Association. He returned to Iowa in 1961 to study geology at the University of Iowa where he graduated with a B.S. in 1963 and an M.S. in 1965.

The Amoco Oil Company hired Gene as a petroleum geologist, and he stayed with Amoco for 23 years. His first overseas job entailed tending to off-shore wells near Trinidad in the Caribbean. There he met and married Raquel Wharton, and they had two children, Theron and Francesca. Over his years with Amoco, Gene had many interesting postings that included the Caribbean (learned to SCUBA dive); Houston, Texas; Libya; Chicago (new Amoco HQ; commuted to work each day

by commuter train from Wilmette); Norway (learned to sail and the whole family learned to ski); Egypt (where his team discovered several billion-barrel oil fields in the Gulf of Suez); Denver (where he was Division Geologist and did lots of fishing and skiing); and back to Trinidad, where he retired in 1988. Gene then lived in Denver for the next 14 years where he dealt in real estate and medical equipment. Along the way, his kids were educated in Britain (through high school) and in the U. S. for college (Bates College and the University of Chicago). His wife Raquel lives in a suburb of Boston and is a successful ceramicist. They have one grandchild, Nico, who lives in California.

The next phase of his retirement began when he moved back to Grinnell to help his Mom and Dad in their old age. He bought the house next door and had lunch and afternoon tea with them every day until they passed away, first his Mom in 2008 and then in 2011, his Dad. With the encouragement of Ann Stillman and Warren Reineke, Gene joined the Mayflower Poetry Group, and has been writing poetry since 2013. He remarked that the poetry of Alex Moffett was particularly inspiring. Gene has been recognized with three Honorable Mention awards for poems of his published in the journal, *Lyrical Iowa*. We are pleased and honored to have this distinguished gentleman among us.

Gene Wubbels

WELCOME DEBBIE VAN ARKEL

For Debbie Van Arkel, moving to Mayflower was both easy and hard. Easy, because she traded an old farmhouse ("bathroom on the second floor, laundry in the basement") for the convenience and updates of a Harwich Terrace home on State Street. Hard, because it meant leaving behind 40 years of treasured family memories.

A few weeks after her move to Mayflower in late fall, Debbie was still getting accustomed to a community setting. "I still can't get used to the idea of going out the front door and walking somewhere," she said. "But it feels good."



Debbie Van Arkel

Debbie grew up near Riceville, a small town in northeast Iowa just off Highway 63. She attended Iowa State University, where she met her future husband, Craig, from rural Grinnell. After graduating with a degree in home economics education, she taught for one year in Portland, Ore., then returned to Iowa. She and Craig married and settled on the Van Arkel family farm near Ewart, south of Grinnell. Debbie took a job with the Iowa State University Poweshiek County Extension, and Craig joined his father in farming. He became nationally known for sheep breeding and as a show judge. Sadly, he died in 2002 at age 50.

Debbie worked for the ISU Extension for 32 years, retiring in 2008. Although based in Montezuma, she had projects and connections throughout the county. "I loved my job," she said. "There was always something new and different."

Debbie has two daughters, Emily and Thea. Both girls followed their parents to earn degrees at Iowa State. Emily is married and lives near Montezuma, where she is the Poweshiek County naturalist. Thea and her family live in Midland, Texas. Both families have two children - coincidentally, both 7 and 4 years old. The whole family gets together about twice a year - once for sure in the summer, usually during Iowa State Fair time.

Although Debbie has never lived in the city of Grinnell, she feels close ties. Craig graduated from Grinnell High School. In the farmhouse, she had a Grinnell address and a Grinnell telephone number (though the girls attended the Montezuma schools). Her position with Extension brought her to Grinnell frequently, even to Mayflower. Through her job, she knows a lot of people in Grinnell, many of whom are good friends.

Debbie's interests in retirement should be no surprise. They center around textiles - quilting, garment sewing, wool applique. Last fall she made five period-style jackets for Montezuma High School's production of Rodgers and Hammerstein's *Cinderella*. "It was such fun," she said. In December she helped introduce sewing to young 4-H members in three area communities by teaching them how to make a Christmas fabric gift bag.

Debbie's skills and creativity are definitely welcome at Mayflower!

Mary Schuchmann

BOOK OF REMEMBRANCE

From January 1, 2019 until December 31, 2019

Twenty –three names have been added

To the Book of Remembrance

Edith "Edie" M. Dawson

Harold William Mouchka

Jacqueline "Jackie" L. Jaynes

James Dale Emmert

Connie J. Walton

Lois Irene Rhinehart

Harold Cook Tindall

James Alden Ahrens

Edna Arlene Reed

Deloris Lang

Guy William "Bill" Doud

Don Roger Yungclas

Ralph Lemke

Carol Pollak

Lorraine Morrison

Golda Sleuwenhoek

Charlene Mary Mumby Foster

Mary Helen Long

Dorothy Jeanne Watt Pinder

Laurel Andrew Keller

Miriam Kaye Schultz

Donald Paul Beach

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Marge and John Graves
Judy Hunter
Betty Moffett
Karen Phillips
Bill Pollak
Mary Schuchmann
Gene Wubbels

THE MRA IN 2019

“The one thing I hope I accomplished was to plan and conduct MRA meetings so that current topics were on the agenda. Communication between different parts of Mayflower can only be improved if people can meet the ones responsible on every level. This was my biggest goal” says Linda Myren, President, MRA.

During President Myren’s tenure, a new set of bylaws were approved. The bylaws committee produced a document that accomplishes the following goals: to streamline the document, to create a structure that would allow and encourage more creativity and problem-solving within the MRA meeting schedule, to establish a Finance Committee, to simplify the charge of the Nominating Committee, and to develop an “MRA Manual.” This manual will include more detail about the operations of the various committees and activities of the MRA.

As we come to a close in 2019, a new committee is in place to write the manual. Upon its completion the new bylaws can be fully implemented. We look forward to continuing this initiative as well as others under the 2020 leadership of President Gene Wubbels and his team including Jack Mutti, President-elect, Jan Peak, Secretary; Jeananne Schild, Assistant Secretary; Carmen Raffety, Treasurer and Montie Redenius, Assistant Treasurer.

Char Ewan