

The Informer

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Mayflower is Canceling Events Due to COVID-19



As of Wednesday, March 11th, Mayflower has closed the Health Center and Beebe Assisted Living to visitors except those that are absolutely necessary.

The Mayflower Community professional staff has discussed the latest developments with COVID-19 (“the coronavirus”). There have now been 14 cases confirmed in Iowa. More cases are expected in the coming days.

The U.S. Centers for Disease Control and Prevention (CDC) has posted new guidance on its website, encouraging older people (60+) and those with underlying health problems to “stay at home as much as possible.” Specifically, commercial travel is not recommended. The CDC says older people are twice as likely to become seriously ill if they become infected with the virus. **For the latest information from the CDC, dial 211.**

Although there is still much unknown about COVID-19, it is believed to be spread person-to-person through droplets. This means that the air will not infect you. BUT, all the surfaces where these droplets land are infectious for about a week on average. Everything associated with infected people will be contaminated and potentially infectious. You will not be infected unless your unprotected face is directly coughed or sneezed into or unless your hands pass it into your nose, mouth, or eyes.

In addition, influenza A and B are widespread in the Grinnell community.

We are all urged to take precautions like regular washing of hands with soap and water and staying home when we feel sick. At this time, Mayflower has adequate supplies of sanitary and cleaning products. Fortunately, germs on surfaces can be killed with normal cleansers.

Steve Langerud, Executive Director, and Kellie McGriff, Associate Director/Administrator, have announced that because of these new developments, Mayflower will be canceling or modifying the follow events:

- Forum (March 10th) – Canceled
- Walking Group (Tuesdays and Thursdays until further notice) -- Canceled
- Tuesday Chapel (until further notice) – Canceled
- Kiwanis Club (Tuesday noons until further notice) -- Canceled
- “A Matter of Balance” (class beginning March 11th) – Canceled
- Senior Strength (Mondays, Wednesdays, Fridays, until further notice) – Canceled
- Men’s Coffee Group (Thursday mornings) -- Canceled
- Spring Tea (March 12th) – Canceled
- Lyceum (Thursday evenings until further notice) – Canceled
- Koffee & Konversation (Friday mornings) -- Canceled
- Sunday Morning Chapel (until further notice) – Canceled
- St. Patrick’s Day Dinner (March 19th) – Canceled
- Club 90 Celebration (not yet announced) – Canceled
- Carman Center Memorial Services (and other group events) – Will not be scheduled

Now, for the good news! At this time, Mayflower does not deem it necessary to close the Obermiller Center (lower level of the Health Center). It is cleaned regularly by staff. In addition, users are asked to wipe down any equipment they will be touching and to use hand sanitizer upon departure.

Guest rooms are still available. However, guests will be assessed on health information and point of origin before staying at Mayflower Community.

If there is an event you are/were planning to attend, try to check with the organizer, as it has most likely been cancelled or postponed at this time.

-Bob Mann, Sales & Marketing Director

Mayflower Says “Good-bye” and “Hello”

Peg Ehler has served as the consulting dietitian for The Mayflower Community for the past 30 years. She retired on Wednesday, February 26th and was feted at two receptions.

The first event was held in the Health Center, where Peg has performed most of her work. She has managed the “five spokes of the dietitian’s wheel”—care planning, diet consulting, menu planning, in-service education, and documentation.

The second reception was held in the Mayflower Buckley Dining Room for assisted living and independent living residents.



At the same receptions, Mayflower greeted the new consulting dietitian, Meredith Crow, MA, RD, LD. Meredith is a Des Moines native who earned her degree in dietetics from Iowa State University, Ames and a three-year masters in clinical mental health counseling from the Denver Seminary, Littleton, Colorado.

Meredith’s career focus is the combination of her dietitian training with a counseling degree to maximize her consulting services and continuity of care to clients. In addition to regulatory dietetics consulting for healthcare residents, Meredith will be providing information and counseling to all residents in the areas of food as medicine, healthy supplements, life styles and diets, and health independence.

-Bob Mann, Sales & Marketing Director

Mayflower Independent Living Kitchen Tour



On Tuesday, March 3rd, The Mayflower Community provided tours of the Buckley kitchen to residents and invited guests.

This was an opportunity to see how Mayflower has converted the Buckley Dining Room to the new “Open Dining” concept as the result of modifications to the prep kitchen. As a result, meals are available daily from 7:00am to 6:30pm. Breakfast is served all day long. Beginning at 10:30am the full menu and grill menu are available for the rest of the day.

For the tour event, light refreshments of egg rolls, pizza, and cookies were provided right out of the Rational® combi oven. Goosey,

warm, delicious chocolate chip and chocolate macadamia nut cookies!

The tour started at the north end of the kitchen, near Scott Gruhn’s office, and wound through the baking tables, the prep areas, and the cooking equipment into the storage area and out via the refrigerator and freezer. Food Service staff explained the various kitchen functions.

Scott Gruhn guided the visitors through the process of preparing multiple dishes at the same time in the combi oven with support from other new equipment.

The final stop was the J&B Bistro where updated information was presented about the plans for converting the Beebe Assisted Living into a full Open Dining kitchen. Beebe will be the last step in this process as the Health Center kitchen was the first to be remodeled and is now serving a full Open Dining menu.

Now, we know how that new varied menu of choices is produced quickly and delectably.

-Bob Mann, Sales & Marketing Director

Independent Living Presentation
Friday, April 24th from 3-4pm in Kiesel Theater

At this time, Mayflower continues to monitor the progression of COVID-19 and will alert if this event necessitates cancellation.

Middle Way Farm is an organic vegetable farm run by Jordan Scheibel since 2013. Jordan leases land from the Lacina family just north of Grinnell. Middle Way Farm offers Community Supported Agriculture (CSA) shares, which are weekly or every other week boxes of fresh, high quality, seasonal produce delivered from June through October. The farm served around 90 CSA customers in 2019, including 15 Mayflower residents who picked up from the drop site along Mayflower Lane above the dining hall patio on Wednesday afternoons.



In addition to talking about the farm and the process of raising organic vegetables, Jordan will be specifically presenting about the unique opportunity he provides for customers to sign-up for a completely customizable CSA share, in addition to his traditional "farmer's choice" CSA share. Custom share members can choose what they get in their box each week and are not obligated to order every week. The custom share provides the choice of picking out produce at the farmers market with the convenience of a pre-packed and delivered box of produce.

More information about the farm can be found at middlewayfarm.com. You can view CSA share options and sign-up online at middlewayfarm.csasignup.com. Jordan will also provide paper brochures at his presentation which can be used as sign-up forms. There will also be a special \$25 discount available for Mayflower residents who attend the presentation and decide to sign-up for CSA share on the spot or afterward.

-Anne Sunday, Independent Living Activities Coordinator

Grinnell Students Get Lunch Fees Support

100+ People Who Care—Grinnell made a donation of \$5,780 to the Grinnell Schools for reduced price breakfast and lunch meals for the balance of the 2019-2020 school year. Healthy Grinnell Initiative received the gift on behalf of the schools.

Any available balance of the gift will be applied to initiatives that directly influence the nutrition of children in Grinnell.



100 + People Who Care—Grinnell was founded in January 2017, based on a very simple concept that has worked well in approximately 600 communities across North America. Many people, offering modest donations four times per year, can accomplish great good in their communities. Projects to be funded are determined by the membership, through the nominating and voting process, with the focus always on local or area needs. Through this simple process, a significant contribution is made, leveraging the charitable impact for all.

The Healthy Grinnell Initiative is a broad-based community effort, led by Mayflower Homes and the board of trustees of UnityPoint Health-

Grinnell, to address social factors that impact the health of local residents. Food access, housing, and transportation are among the issues the group is addressing. Thanks to a start-up grant from the Iowa Healthcare Collaborative, Healthy Grinnell was able to be a financial partner in the local Thanksgiving Meal.

The Mayflower Community is the administrator of the grant. A 70-year old senior living and healthcare community, Mayflower's mission is to provide a vibrant, purposeful, and compassionate community of older adults.

In the photo, Kellie McGriff, RN/NHA, Associate Director and Administrator, Mayflower Community (left) and Carrie Nachazel, Food Service Director, Grinnell-Newburg Community School District receive the gift from 100+ People Who Care.

-Bob Mann, Sales & Marketing Director

Mayflower Receives Raised Flower Beds

On Friday, March 6th, youth and advisors who are part of the Malcom-Sheridan Youth and After School Program delivered to The Mayflower Community four raised gardening beds. They were built by the young people under the guidance of program director, Dawn Hamilton.

The beds are made of treated cedar wood and were delivered with plastic liners. They are four feet high, the recommended height for use by less-abled gardeners, including those using wheelchairs.

The materials were purchased with the proceeds of a grant from the Poweshiek County Alliance. The grant sponsor was the Malcom United Methodist Church. The youth performed the construction work in the Malcom-Sheridan United Methodist Church, located between Brooklyn and Grinnell, north of Malcom.



The four raised beds were delivered to The Mayflower Community's shared garden, located between Broad and Park streets, on the north side of 2nd Avenue. Mayflower plans to keep two of the beds in this garden and move the other two to accessible locations just outside the Beebe Assisted Living building and Health Center building.

Meeting weekly, the Malcom-Sheridan Youth After School Program offers a place for 25-35 students from the Malcom, Brooklyn, Grinnell, and Montezuma to eat and engage in activities, crafts, and service projects.

The Mayflower appreciates this kind gift from Dawn and her youth along with the assistance of the Poweshiek County Alliance.

-Bob Mann, Sales & Marketing Director

Grinnell College Update

As of Tuesday, March 10th, Grinnell College has made the decision to cancel in-person classes for the remainder of the semester. Students will have their "last day" today- Friday, March 13th and are expected to leave campus by March 23rd if no prior approval is given/requested. With this, all classes and events in conjunction with Mayflower and the Grinnell College have been/will be canceled.

Resident Birthday List:

March 13: Orlan Mitchell

March 14: Judy Hunter

March 15: Sara Adams

Bonnie Buntz

March 17: Karen Packard

Arnold Adelberg

March 24: Linda Stoll

March 18: Jean Libbey

Bill Pollak

March 20: Gene Rohr

March 21: Bob Myren

March 23: Arthur Heimann

Beryl Clotfelter

March 25: Phyllis Goldman and Janice Lovig



Avoid Money-Seeking Scoundrels

With the newest information regarding the coronavirus scammers (we'll call them swashbuckling-scoundrels!) are targeting the elderly population with telephone and emails. The NYPD warns those receiving these calls not to be lured by the 'swashbuckling-scoundrels' who are posing as a friend or family member.

Treasure Chest Committee:

Some of Mayflower residents have been wondering, "What does the treasure chest do?" Sue Drake, chair; Nancy Hendrickson; and Karen Pickard are here to answer your questions!

The committee helps residents share their hobbies, holiday collections, antiques, photography, wood working pieces, etc. with others each month. These are displayed in a large glass case in Pearson. This display case is known as the 'Treasure Chest.' These displays help our Mayflower Community get a peek into a special treasure owned by a proud resident. The committee will provide updates on each featured treasure and owner.

We encourage folks to visit the Treasure Chest's displays. Maybe this will jog your memory of some collections you would like to share. If so, please contact one of the committee members. The Month of March is housing a lovely display of Hummel Figurines, collected by Pat Yungclas.

-Sue Drake