

The Informer

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A Note from Steve Langerud

COVID-19 Thoughts

Dear Residents,

Thank you for all that you are doing to keep each other and our staff safe during this challenging time in our lives together. I realize that we are thinking and acting in ways that are new and often uncomfortable.



As a child, one of my most cherished experiences was staying with my grandparents in Milo, Iowa. It was adventure living with a hand pump in the kitchen and chamber pot in the bedroom.

My grandmother taught me to make egg noodles for my favorite chicken and noodle dish. My grandfather took me for long walks in the timber hunting squirrels and rabbits for dinner.

On one of our walks, my grandfather told me what he called the secret of life. Steve, never spit on anyone, never pull a chair out under anyone, and always try to have some fun. If you do, everything will be ok. He was talking about respect, compassion, and community.

When I see Mayflower residents and staff treat each other with respect, compassion, and continuing to laugh, I know we will be ok.

Thank you for being there for each other and me. I appreciate all your offers of support, caring, and faith for me and our staff. It means a lot.

As always,
Steve

Update on Coronavirus March 25, 2020

Things are changing rapidly while we all do our best to adapt. At this writing, there are four COVID-19 cases confirmed cases in Poweshiek County.



- **Stay at Home.** This is the safest choice. However, essential services are still available in Grinnell, including groceries, pharmacies, gas stations, convenience stores, banks, and delivery restaurants.
- **High Risk.** If you have chronic health conditions such as hypertension, cardiac disease, renal disease, diabetes mellitus, obesity, pulmonary disease, or are immunocompromised, you are at high risk for complications from COVID-19.
- **Guidelines for Symptom Stays at Home.** If you have had a fever of over 100.4 or other COVID-19 symptoms, please stay at home until you have been 72 hours (3 days) fever-free without medication or 7 days symptom-free.
- **Out-of-State Travels.** If you have returned from a trip, Mayflower recommends that you self-isolate at home for 14 days.
- **Visitors to Your Home.** We have now posted signs on all apartment building doors, asking residents' visitors to proceed directly to your home, to wash their hands, and leave by direct route. We are also asking that you limit in-home visitors to four (4) at one time and to maintain social distancing.
- **Code Alert or Other Calls for Assistance.** The Mayflower nursing staff member will call ahead to get answers to screening questions as required by the Iowa Department of Public Health. This will determine how staff will respond, including calling 911 if required. All staff will wear a mask up entering the home.
- **Mayflower Supplies of Personal Protective Equipment (PPE).** Currently, we have adequate supplies. However, with onset of COVID-19 illness, we will need more masks. We just received guidelines for the making of homemade masks.
- **Meals.** The Mayflower kitchen is eager to take your order for breakfast or anything else on the day's menu for your pick-up or our free delivery. Be sure to return the green washable containers regularly.

- **Groceries.** Mayflower's kitchen is happy to provide staples between grocery orders. We even have a limited supply of toilet paper available. Call ahead (641-236-6151 x216). Hy-Vee no longer delivers, but Fareway and McNally's continue deliveries at this time.
- **Medication Pick-Up from Hy-Vee Pharmacy.** As the Grinnell Hy-Vee has suspended all delivery service, Mayflower is now picking up orders from the Hy-Vee pharmacy on Tuesday and Thursdays. Then, the Beebe Assisted Living staff delivers the medications to Mayflower residents' homes. When you call in, let the pharmacy know that Mayflower will be picking up.
- **Haircuts.** There is no beauty or barbershop now open per order from the Governor. Let's just assume the long-hair look of the '70's will be back! Steve Langerud has offered to giveaway his hardly-used pair of clippers.
- **Advance Directives for Health Center/Beebe Residents:** Rhonda Hudson, LBSW, Mayflower's Social Worker is helping to get documents in order. If you would like guidance, call or email her at 641-236-6151 x 205 or rhudson@mayflowerhomes.com.
- **Staying in Touch with Others:** We are using the FaceTime computer application to keep Health Center and Beebe residents connected with family. If you wish for assistance in setting it up on your phone or computer, contact Deb Jack for referral.
- **Getting "Cabin Fever?"** This difficult time will last for an unknown period. You might consider taking Yale University's widely popular "Happiness Course" that is available for FREE online. Just search, "Yale University Happiness Course"

Questions about Covid-19 or illness? Calling 2-1-1 now takes you to a CDC phone line to answer your questions. In addition, Mayflower's primary contact is Jacki Hicklin, RN, Mayflower Assistant Director of Nursing/Infection Control Supervisor at 641-236-6141 ext. #233 or jhicklin@mayflowerhomes.com



Steve Langerud
Executive Director



Kellie McGriff
Associate Director/Administrator

COVID-19 Caution: Mis-information and Crime **March 20, 2020**

Rumors, misperceptions, social media mistruths, unscrupulous people... The World Health Organization is alarmed that, in February, it warned of a massive “infodemic,” shorthand for “...information epidemic, an overabundance of information- some accurate and some not- that makes it hard for people to find trustworthy sources and reliable guidance when they need it.”

Peter Adams, Senior Vice President of Education at the News Literacy Project, recommends that you “turn instead to public health officials such as the Centers for Disease Control and Prevention (CDC) and the World Health Organization for information you know, the easier it will be to identify misinformation. Treat anything not clearly attributed and linked back to one of those organizations with suspicion. Above all else, what we are really urging people to do is consider the source.”

The AARP Fraud Watch Network (877-908-3360) provides the following warnings:

1. Verify the legitimacy of Internet sources for product purchases.
2. Hang up immediately on robocalls. The robocall itself is illegal.
3. Be leery of email messages with “COVID-19” in the title that asks for personal information via response or via clicking on the link.
4. Be especially suspicious of sources asking for payment via gift cards.

The Iowa Department of Public Safety (<https://dps.iowagov/covid-19-coronavirus-6-tips-increase-cyber-security>) offers this advice:

1. **Keep personal information out of emails.** Do not reveal personal or financial information in an email, and do not respond to email solicitations for this information.
2. **Use Extreme Caution with email attachments.** Avoid clicking on links in unsolicited emails even if they appear to be sent by someone you know or from a source you may be inclined to trust.
3. **Access Only Trusted National Online Medical Resources.** Check web addresses to ensure you are visiting legitimate government websites for the most current, fact-based information about COVID-19 in the U.S. Be wary of emails appearing to be generated from the CDC or experts claiming to have helpful information related to the virus. Proactively visit the official CDC website at: <https://www.cdc.gov>

4. **Visit Official State of Iowa Agency Websites and Social Media Accounts.** The Iowa Department of Public Health is the leading source for Iowa guidelines, testing and reported-case related information. Governor Kim Reynolds' office is providing daily statewide coronavirus status updates. The Department of Iowa Homeland Security and Emergency Management coordinates the State of Iowa's collaborative response to COVID-19. The Iowa Attorney General's Office cautions Iowans about coronavirus-related price gouging and fraud with an important set of alerts and recommendations. The Iowa Department on Aging is sharing recommendations and resources for protecting yourself and loved ones in long-term care facilities.
5. **Verify a Charity's Authenticity Before Making Donations.** Review the Federal Trade Commission's page on Charity Scams for more information.

A good article about communication cautions originally appeared in *USA Today*, "Welcome to the first social media pandemic. Here are 8 ways you can stop the spread of coronavirus misinformation." This can also be found at:

<https://tinyurl.com/usatoday2020>

Debunking recent rumors: This notice was issued March 19, 2020 by V. Joyce Flinn, Director and Homeland Security Advisor, Iowa Department of Homeland Security and Emergency Management:

1. The Governor is NOT announcing a 15-day shelter-in-place recommendation at her press conference today as you may have heard from an email that came from the Secretary of State office.
2. The National Guard is NOT being called up to close interstates, borders or anything else in Iowa.
3. There is NOT a recommendation coming from the federal DHS to close businesses based on a priority of essential and non-essential.

The Mayflower Community is regularly in touch with the CDC, CMS, DIA, the Iowa Department of Public Health, Poweshiek County Emergency Management, our professional association, and local institutions. New information will be shared.

The “New Normal” at Mayflower

Things have certainly changed in The Mayflower Community over the last few weeks. As the result of COVID-19 precautions, we have instituted social distancing and have complied with directives from the Iowa Governor. The staff has spent many hours in enhanced safety and disinfecting work, in education and information-gathering, and is discussing what we can do that we are not already doing.

We have completely closed our Health Center and Beebe Assisted Living to visitors and have segmented dining to separate residents and moved to carry-out and delivery for Buckley Dining Center. Fortunately, because of all of these initiatives, life is likely more safe at Mayflower than it would be in public places.

We continue to gather information and make changes as necessary. How long will that be? Nobody knows, but one of our Food Services staff members who is a mother of a high school senior, is encouraging her son to start dating a member of the Class of 2021 so that he can go to Prom a year from now!

-Bob Mann, Sales & Marketing Director

Get a Lift from a Teddy Bear...or a Pig

You may have seen postings or stories about teddy bears in Grinnell home windows. Here is some information from Mayflower Harwich Terrace patio home resident, D’Ann Kely about this growing phenomenon.

Recently, “...I heard a new term on the radio. Rather than concentrate on “social distancing,” the person said we might try “distant socializing.” Later in the day, my daughter, who lives near the College, said that families were joining the trend to place teddy bears in their windows so that families out for a walk could focus on a ‘bear hunt.’ My granddaughter found 4 yesterday.”

“I realized that our Mayflower community might be able to reach out to our walking neighbors by placing something in our windows. A stuffed animal, a banner, a simple sign saying ‘Hi,’ or anything that might let us all know that you are there and reaching out. Might give us all something rather than fear and helplessness to focus on when we go out. If you have neighbors who do not have computers, please pass this on...thanks. Look for the pig in the Keltys’ window!!”



Thank you, D’Ann.

-Bob Mann, Sales & Marketing Director

Activity Guidelines for Health and Wellness
Jordan Finch-Smith, DPT and Brittany Sleenwenhoek, OTR/L
Total Rehab Orthopedic & Sports Specialist
The Mayflower Community

Total Rehab and The Mayflower Community, both of Grinnell, encourage people to REMAIN ACTIVE during the COVID-19 pandemic. Inactivity leads to decreased immunity and muscle breakdown and it can negatively affect your mental wellbeing!

Total Rehab provides the following recommendations for residents who want to remain active while practicing social distancing:

- 1. Don't stop moving.** We encourage you to go outside for a walk, take laps around your home, or use an exercise bike that you clean before and after use. Even if you are feeling under the weather, it is important to remain active (within reason) to fight off illness!
- 2. Stay strong.** Don't feel like going to the gym? Here are a few strengthening activities you can do at home with no equipment:
 - a. Sit-to-stands from your couch or dining table chair. How many can you do in a row?
 - b. Wall push-ups – Stand in front of a wall. Extend your arms out to measure the correct distance. Keeping a tight core, slowly lower your chest towards the wall. Pause once your upper arms form a 90-degree angle. Contract the chest muscles and push yourself back up to the starting position. Aim for 10 in a row!
 - c. Seated or standing marches and kicks-- Work towards 2 sets of 10 repetitions!
- 3. Remain Positive.** Your physical and emotional well-being are intricately connected. Try doing chair yoga or tai chi to remain centered. Below are links to get you started:
 - a. Chair Yoga: <https://youtu.be/3ZvmKOPoFVo>
 - b. Tai Chi: <https://m.youtube.com/watch?v=D7wya1v6iZQ>

Note from Mayflower: Because of the closing of the Obermiller Fitness Center, we have moved three NuSteps into independent living buildings: Edwards Lounge, Montgomery Lounge, Watertower Square 2nd floor lobby. In addition, there is still one in the Buckley 3rd floor lounge. There are alcohol wipes available near each machine. Please use them on the machine before and after your use, as well as wiping down your hands.

The Mayflower Community Works with the City of Grinnell

Recently, senior staff of The Mayflower Community met with City of Grinnell Mayor Dan Agnew and City Manager, Russ Behrens to discuss issues affecting the 70-year old senior living and healthcare community.



With over 175 residents, the Mayflower is situated on the south edge of downtown Grinnell. Various projects underway at the City have direct impact on Mayflower. To deal with these issues and to compare notes on COVID-19 readiness, the two groups met.

Pictured from left are Scott Gruhn, Director of Food Services; Pam Vosburg, Chief Financial Officer; Christy Kaisand, Human Resources Director; Kellie McGriff, Associate Director/Administrator; Russ Behrens, City of Grinnell City Manager; Dan Agnew, City of Grinnell Mayor; Steve Langerud, Executive Director; and Jack Morrison, Director of Facility Operations.

-Bob Mann, Sales & Marketing Director

Helping Mayflower Residents During Time of Isolation

Staying at home...It's difficult. However, we all know how important it is. For residents of The Mayflower Community's Health Center and Beebe Assisted Living homes, it is even more of a challenge as we have restricted visitors and are doing meals in separate apartments and suites, except for special circumstances.

To help lighten this burden, Pasha Buck, our interim chaplain, has been writing cards and notes to residents. A former student of a Mayflower resident got in touch with Mayflower to have us read a letter to the resident. After correcting our staff member's pronunciation of the student's name, the resident glowed as the letter was read. A number of residents have been connected to family members via Skype.



Because residents missed the St. Patrick's Day doings, the Mayflower Food Services baker, Teresa Nicklas-Beck, baked them special cookies. Residents made St. Patrick's Day "pots o' gold" that staff filled with candy.

A group of Mayflower Watertower Square residents—Nancy Agnew, Jo Bolton, Barb Lease, Suzanne Schwengels, and Sis Vogel—put together their craft skills and made spring baskets for each resident. See the pictures to marvel at the beauty of this work.

Front (left) Nancy Agnew, (right) Suzanne Schwengels and back, Angie Douglas, CMA and Julie Smith, BS/BSN

In addition, the Women's Guild of the Ripley United Church of Christ of Traer, Iowa delivered hand-made quilts for a number of residents.

In addition, staff has been able to take residents out for walks during the nice weather.

-Bob Mann, Sales & Marketing Director

Anne Sunday, Independent Living Activities Coordinator, Announces Retirement



Anne Sunday has served as the Independent Living Activities Coordinator for seven years, since 2013. Please congratulate her on celebrating her new retirement from this position and thank her for her work! “We appreciate everything Anne has done for Mayflower residents over the years. Her caring, empathy, and humor were clear in her work with residents,” said Steve Langerud, Executive Director.

Reflecting on her position, Anne has a few memories to share. One of her favorites was the on-going conversations she helped cultivate between residents and college students. In one incidence, residents had read two books in conjunction with a college education course. The professor brought students in small groups to discuss the literature. “A few people disliked the books; my own mother threw the first one in the trash!” she reminisced.

As numerous small group sessions were completed, Anne said the groups realized that each generation has much to say and offer to the other.

Anne also enjoyed working with resident Harley Henry on presenting Documentary & Discussions. One series, *Films From the Fifties*, was especially fun for Anne. The participants gained insight into societal norms and settings during that time period. She appreciated the knowledge gained from *The Dust Bowl* series, as well as the film *Trans*.

Anne started the Tekkie Tutors program in conjunction with the college that is now under the guidance of Rey Evans. Anne hopes this program continues and hopes folks continue to expand their thinking on some tough topics that were discussed through film and small groups.

Anne is eager to see the different approach the next Independent Living Activities Coordinator utilizes in their role and wishes the next candidate all the best!

-Temesha Derby

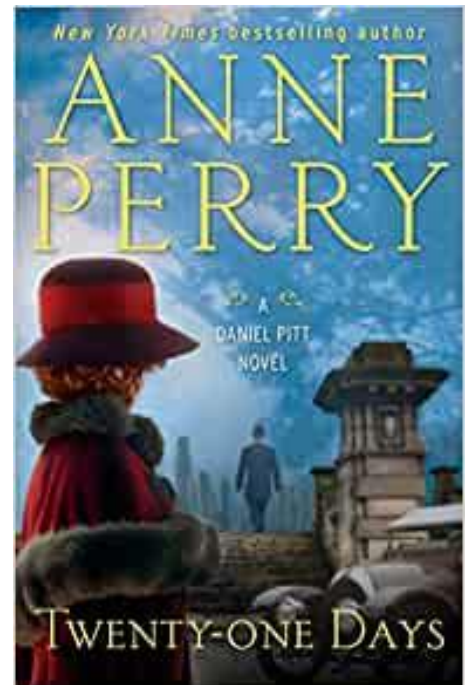
Resident Birthday List

March 29	Norman McCombs	March 28	Tommy Haas
April 1	Barb McConnell		Doris Vander Leest
	Carol Crawford	April 2	Lisa Case
April 4	Jo Bolton	April 3	Jo Entwisle
	Pasha Buck	April 5	Dottie Blazek
April 8	George Britton	April 13	Emily Pfitsch
			Dorothy Noer

Book Review

Twenty-One Days by Anne Perry is the first book in an all new series about the exploits of Daniel Pitt, the son of Thomas Pitt, head of London's Special Police Branch. This new series takes the Pitts into a new century as twenty-five year old Daniel Pitt, a junior barrister in London, races to find the real killer of his client's wife.

The client, arrogant biographer Russell Graves, faces the hangman's noose in twenty-one days, having been found guilty of this heinous crime. Daniel Pitt, using his keen intelligence and natural instincts, investigates and solves the gruesome murder. *TWENTY-ONE DAYS* is intriguing and entertaining, making use of scientific advancements of the time such as fingerprints and X-rays.



-Mayflower Residents Association Library Committee

Coronavirus: Environmental Impact

Although a terrible virus in every way fathomable, the outbreak of COVID-19 has in fact affected our environment in more than one way. While some of these are positive changes, COVID-19 still brings a downside.

Here's Why:

Air Quality has Increased

The first drop in air pollution was noticed by NASA in China's Hubei province. This was the site of the outbreak back in December. On January 23, Wuhan and other cities in China began putting its people and activity on 'lockdown,' hoping to contain the virus. In turn, this created a standstill for normal life.

In Spain, rush-hour traffic has dropped 14% in the last week alone, in turn, improving the air quality related to carbon emissions and pollutants produced by vehicles, factories, etc. It is estimated that the number of lives saved due to improved air quality will be that of 20 times the number of deaths from the virus directly.

Stalled Airline Emissions

Air traffic has decreased dramatically since the first recommendations to minimize non-essential travel. 67 million fewer passengers flew in the first three months of 2020, than in 2019. Although the airline industry could lose up to \$113 billion this year, the dip in carbon emissions into our air will only last as long as the virus does.

Creating More Waste

With the virus's penetrable abilities to spread, most shops, Starbucks specifically, are eliminating their use of re-usable cups. Their disposable cups are single-use only, and non-recyclable, which is producing mass amounts of waste and reversal on the progress that was already made for moving towards a waste-free system.



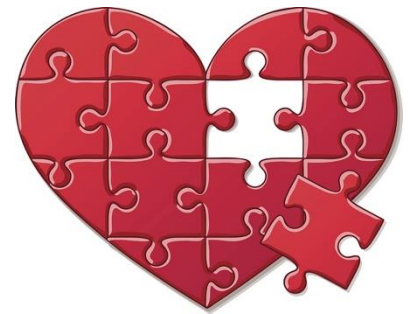
China is another example of somewhere that is mass-producing waste. There's an undeniable increase in wasted products such as facemasks and single-use tissues.

-Temesha Derby & Politico Education

Getting Tired of Staying In the House?

Whether you're an introvert or extrovert, a homebody or a social butterfly, you might be starting to get a little bored in isolation. Here are a few ways you can stay busy during this time at home.

Try a Puzzle. Maybe you've walked by that pretty image 1,000 times, sitting in the box but have yet to conquer your puzzle. Try putting some pieces together every day until you want to move onto another activity.



Write Something Inspiring. Or, just write something! You can look up writing prompts, or take a random word, such as “duck” or “fretful” and create a poem about it. It doesn't have to be great; make it your own style.

Treat Yourself to an At-Home Spa. Apply a facemask, take a hot bath, or soak your feet in a dish of hot water. An easy decongestion treatment you do at home: fill your sink with hot water and if able, add a few drops of lavender essential oil to the running water (natural, calming oil). While the water is running, put your face near the water and a hand towel over the back of your head, allowing yourself to be “stuck” in the steam. This will help clear your nasal passages, and your mind!



Create Your Own Charcuterie Board. Random snacks in your fridge that you don't know how to do use? Try your hand at cutting food into fun shapes. Of course, don't forget to reap the rewards. Yum!

Not in the Mood For Making Phone Calls? Write a letter! Pick five people you haven't spoken to in a while and craft them a letter. It'll keep you busy and put a smile on their face once it's delivered!

Coloring Books! Adult coloring books?
Children coloring books? Doodling?
Experiment with the paper and colors.



Have a Movie Marathon. When's the last time you watched a series of movies without worrying about time constraints or crossing off the next item on your checklist? Being isolated for ample time, you have the time to watch as many films as you want!

Not wanting to watch a movie “alone”? Download the “Netflix Party” extension in your Chrome browser and start a movie in Netflix. Click the “NP” button next to the search bar and copy the link. Share this link with anyone you want to watch a movie with and you’ll be able to have a group conversation (with as many people as you want) while watching your movie!

Try learning origami. Take colorful paper scraps, or any paper, and make it into a square to begin. Look up on the Internet different critters to make, such as paper cranes or dogs.

Listen to Some New Music. Check out an artist or genre you haven’t listened to before. Read a book that’s outside of your preferred topic. Study artwork and analyze your perspective.

Learn a New Language? Did you know that many people in other first-world countries know at least two other languages, fluently? Finnish students learn 3-5 languages before their fifth year of schooling! Learning a new language can open you up to new cultures and ideas, too- expanding your knowledge even further!



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COVID-19 Pandemic Information
March 27, 2020

COVID-19 Information Sources

- General Information about Poweshiek County: Phone 2-1-1
- General Information about Poweshiek County: Phone 2-1-1-
- State of Iowa Department of Public Health (IDPH): <https://idph.iowa.gov/>. 515-281-7689.
- Latest State of Iowa Information: <https://coronavirus.iowa.gov/>
- UnityPoint Health-Grinnell Public Health: <https://www.unitypoint.org/coronavirus.aspx>. 641-236-7511.
- Mayflower COVID-19 Website Information: <https://www.mayflowerhomes.com/covid-19-information/>
- U.S. Centers for Disease Control and Prevention (CMS): <https://www.cdc.gov/>. 800-232-4636.
- Scam Information – The Iowa Department of Public Safety: <https://dps.iowa.gov/covid-19-coronavirus-6-tips-increase-cyber-security>.
- U.S. Centers for Medicare and Medicaid Services (CMS): <https://www.cms.gov/newsroom/press-releases/covid-19-response-news-alert-cms-issues-frequently-asked-questions-assist-medicare-providers>.
- Mayflower Contact for Specific Information about Mayflower: Jacki Hicklin, RN, Assistant Director of Nursing/Infection Control Nurse, 641-236-6151 x233 or jhicklin@mayflowerhomes.com.



VISITOR RULES

Visiting a Mayflower independent living resident:

- 1. Proceed directly to your host's home.**
- 2. Have no more than four (4) people in any given home at one time.**
- 3. Maintain social distancing (6-foot) separation.**
- 4. Wash your hands thoroughly upon entering the home and dry with a paper towel.**
- 5. Exit using the same route.**

Coming to Mayflower for another purpose: Please check in at the Pearson Receptionist Desk, located at 616 Broad Street, where we will perform a necessary screening.

Thank you for observing these rules to keep you safe and healthy!

Source: Directives from Iowa Governor, Kim Reynolds and from the Iowa Department of Public Health