

# The Informer

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<https://www.facebook.com/Mayflower-Community-164019130292098/>

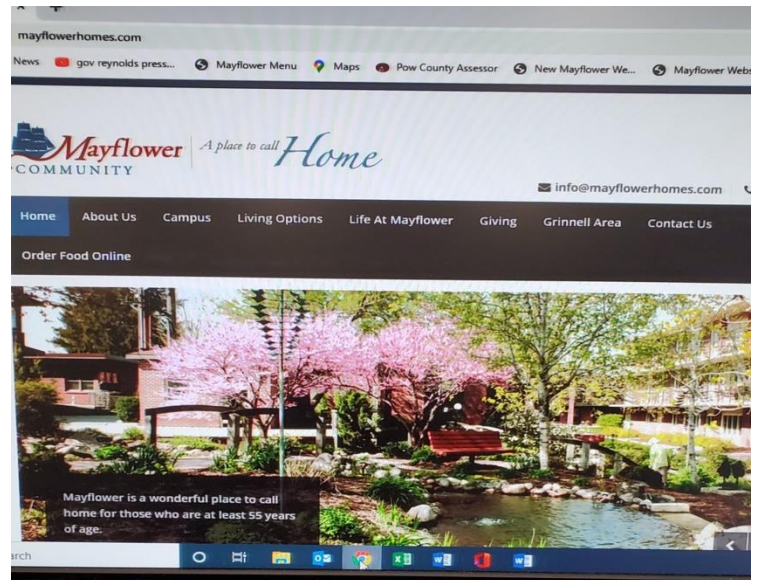


## Mayflower Now Offers Online Meal Ordering

Effective immediately, Mayflower residents may order meals from the Buckley kitchen by way of the Mayflower website (<https://www.mayflowerhomes.com/>).

### What is Online Ordering?

By going to a tab (“Order Food Online”) near the top of any page on our website, you can see the menu and mark the items you would like prepared and delivered to you. When you hit “Send Order,” your choices go directly to our kitchen staff for preparation and to our accounting department for billing.



### How Does It Work?

You will be assigned a unique Username and Password. That will allow you to go into the website from your computer—desktop, laptop, tablet, cell phone. Mark your meal item choices, enter the desired time of delivery, and hit “Send.”

### Does It Work?

If you have seen Beryl Clotfelter lately, you will note a broad smile on his face. He has been testing online ordering for a few days now. Ask him!

### What Are the Advantages of Online Ordering?

- Order any time of the day or night and designate your delivery time.
- You do not have to get updated paper menus; the full menu for the day will be online.
- There is no telephone transferring or waiting to reach the Kitchen.
- See what the soup of the day is.
- This will reduce communication errors.
- Your account is secure as only you can order from it.

### How Do I Get Started?

Your Username and Password will be sent to you soon. Once you have logged in for the first time, you will be given the opportunity to change the Password or simply save it. You can ask your computer to remember it. Then, order your first meal and enjoy this new convenience.

Mayflower Online Meal Ordering...Enjoy!

### **Mayflower Receives Homemade Masks**

BJ Hoffman is pictured with Steve Langerud, Executive Director of The Mayflower Community. BJ donated and delivered 50 homemade facemasks on April 17<sup>th</sup>.

BJ is a good friend of Lisa York, sister of Mayflower's Associate Director/Administrator, Kellie McGriff. Connections! He is a Hardin County Supervisor and an RN and EMT. In addition, BJ has a personal connection with the seamstress. It's his mother, Ellen Hoffman of Grundy Center.

Talk about connections: BJ is a member of the current class of Iowa's Association of Business and Industry (ABI) Leadership Iowa class, which Steve Langerud helps facilitate.

Oh, the face masks. They will be distributed to Mayflower independent living residents who are being asked to wear facemasks when near others.



*-Bob Mann, Sales & Marketing Director*

**Mayflower Health & Wellness  
Infection Prevention and Management**

**Update #9: COVID-19 Information  
April 17, 2020**

New development: Shane and Robin Estes have moved from their Harwich Terrace patio home, 630 Park, to Edwards #11. Mayflower is in the process of setting up the now vacant home for use as isolation care space in the event that we have a resident with a COVID-19 diagnosis. “The Estes House” could provide support for four, possibly more, residents. We are hoping that we do not need the space, but we will be ready.

We have vacated the south wing of the Health Center, formerly known as the South Village. All residents in the Health Center as of April 14<sup>th</sup> are now living in the north and east wings of that building. The south wing will be used for residents coming to Mayflower from hospitals in order to provide short-term isolation while we await results of testing. We will be able to welcome these new residents subject to new regulatory staffing requirements.

Since we gained knowledge of the pandemic, our intent has been to be a step ahead of any needs that arise. These are just the latest steps.

Mayflower requires staff to use facemasks when we are in the presence of any resident. We now ask all residents to follow the same practice. We have been blessed with the work of a number of people, led by Alicemary Borthwick, to sew facemasks for use by staff and residents. If you have asked for a facemask, it will be delivered today or Monday. If you need one, please call Mayflower receptionist, Deb Jack (641-236-6151).

In addition to the facemask procedures, Mayflower encourages you to stay at home as much as possible and to screen any visitors for COVID-19 symptoms.

Local family practice doctor, JR Paulson, M.D., has produced a video to help people cope with issues raised or exacerbated by the current pandemic. It is available at <https://www.youtube.com/watch?v=NcSOEuv200U>.

Current hours for local grocery stores are posted at the end of this message. Information about cleaning and disinfecting is also included at the end of this message.

Steve Langerud  
Executive Director

Kellie McGriff  
Associate Director/Administrator

## Going Inside for the Pandemic

Steve Langerud, Executive Director

J.B Grinnell took the advice of Horace Greely to ‘Go West!’ for adventure and prosperity. Today, Grinnellians are taking the advice of Dr. Anthony Fauci to, “Go inside!” for the good our community.

After weeks sheltering inside, Mayflower and Grinnell residents report that every good, bad, and ugly inch of homes have been explored. We discovered things we both did not know (or wished we did not know) existed and found delightful surprises!

By sheltering inside and practicing social isolation, every good, bad, and ugly inch of our inner lives are being explored. The pandemic of COVID-19 creates a deafening silence as we connect to our inner selves in ways for which we did not easily make time and found delightful surprises.



David Lynch, my favorite film director, reflected in an interview with Nick Rose about whether we will emerge changed after the pandemic.

Lynch said, “I think it’s going to be much more spiritual and much kinder and it’s going to bring us all closer together in a really

strong and beautiful way. It’s going to be a different world on the other side and it’s going to be a much more intelligent world. Solutions to these problems are going to come and life’s going to be very good. The movies will come back. Everything will spring back and in a much better way probably.”

Lynch’s optimism and focus on spiritual health and routine is important. Social isolation takes us inside ourselves, without outside action and distraction, and reveals our deepest source of compassion, understanding, and commitment to each other.

Social isolation and changing routines during the pandemic can produce fear, anxiety, and depression. Dr. Norman Rosenthal, the physician who identified

seasonal affective disorder, said that finding ways to maintain routines with periods of silence, exercise, and connecting with others is a key to maintaining a healthy life in this time of isolation and change. We can seek to integrate the universally connecting silence of being outdoors, physical activity, prayer, creative play, mindfulness, and meditation.



Listening to experts like Dr. Lauren Graham, M.D. and M.P.H. at Unity Point Health-Grinnell, and Dr. Anthony Fauci, Anthony S. Fauci, M.D., NIAID Director, we know that we have to do this hard work of isolation for the social good by ourselves but we do not do it alone. Together, our good actions will lead us out of this pandemic stronger, more coherent, and focused on the greater good for Grinnell.

Thank you for working to help keep yourselves and Mayflower safe. Remember, ask someone if they need help and ask for help if we need it. We are not alone at Mayflower.

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## **Communicating Support During the Pandemic**

Provide reassurance generously and often. Ways to focus on the person you know and love:

- “I love you, and I care.”
- “You’re not alone in this.”
- “I’m sorry you are in so much pain.”
- “I’m always willing to listen.”
- “I’ll be your friend no matter what.”
- “This will pass, and we can ride it out together.”
- “You are important to me.”
- “When this is all over I’ll still be here.”

If you or a loved one needs help, text or call:

- Text: 741741 or
- Call: 1-800-273-8255 (Lifeline)
- Call 911 for transport to professional help.



## Yep! Still Here and Thriving at Mayflower



Stephanie Haworth leads exercises

Dealing with social distancing and a no-visitors policy in The Mayflower Community Health Center, might make it seem like a pretty desolate place. Au contraire!

There is an abundance of activity...not to mention the natural bonding that develops between staff and residents in times of challenge.

There is time in the Health Center Courtyard, which is ready for spring budding. Some families have found it possible to visit with loved ones over the fence. And, the walk in the sun does everyone good.

There continues to be once-a-week Bingo in the hallways. It's just as popular as ever. There is some visiting through the doors and windows.

And, all are enjoying "Daily Doorway 10" exercise classes with 10 different sets of 10 each...at (you guessed it) 10:00am. These classes are led by Mayflower's Stephanie Haworth RN, PTA restorative supervisor, and Total Rehab physical and occupational therapists.

*-Bob Mann, Sales & Marketing Director*

## Wearing Easter Bonnets...At Home in Mayflower

On Easter Sunday, April 12<sup>th</sup>, residents of The Mayflower Community Health Center and Beebe Assisted Living got to sport new Easter bonnets and hats made by residents of Mayflower's Watertower Square.

The artisans were Nancy Agnew, Barb Lease, Suzanne Schwengels, and Sis Vogel.

The Beebe and Health Center residents were given individualized Easter baskets prepared by Mayflower's activity staff members.



Diana Long in her Easter Bonnet

*-Bob Mann, Sales & Marketing Director*  
**Lucky Cat Coffee Pick-Up for Mayflower**

When Shelley Meier Henne of Longmont, Colorado had a recent phone conversation with Kellie McGriff NHA, BS, the Associate Director/Administrator of The Mayflower Community, she talked about a third Grinnell High School classmate, Sam Cox. Sam is the owner of Grinnell's eclectic coffee shop, Saint's Rest. With the shop currently closed, Sam is serving specialty coffees at her Lucky Cat drive-through on the northwest corner of fifth and west streets in



Grinnell.

Shelley, feeling fortunate that she is currently able to work from home in Colorado, decided to give Sam some business and to honor the work that frontline healthcare staff at Mayflower are doing. Therefore, last Tuesday morning, Shelley ordered a variety of coffees to be delivered to Mayflower's Health Center.

In the photo, Kellie is flanked by Sam and Barrett Edwards, who helped deliver the coffees. They also brought Monster and chocolate chip cookies. (Our shared employee, Temesha Derby, who works two mornings a week as a barista, was not involved in making the coffees.)

*-Bob Mann, Sales & Marketing Director*

## Grinnell Food Coalition

A new group has formed during the COVID-19 crisis to help with food security. The Grinnell Food Coalition began mid March working with local grocery stores, many community groups, and individuals. The group is providing grocery store vouchers to be used at Hy-Vee, McNally's, or Fareway in Grinnell for the purchase of food. The vouchers are in \$10 increments and are available by filling out a form on the Ahrens Foundation website, <https://ahrensfamilyfoundation.org/local-resources/>, emailing [localresources@ahrensfamilyfoundation.org](mailto:localresources@ahrensfamilyfoundation.org) or calling 641-236-5518, ext. 109. The food vouchers are intended for anyone struggling during this extraordinary time. This may be a new experience of being furloughed, hours cut, a job loss, or anyone who was already experiencing difficulty making ends meet. Please reach out to the group for help and encourage others to do so. If you would like to donate to the fund, please go to the Local Foods Connection [website](#) or the Ahrens Foundation [website](#). Checks may also be mailed to: Local Foods Connection Attn: COVID-19 Response, P.O. Box 719, Grinnell, IA 50112.

Jennifer Cogley  
Americorps VISTA  
Claude W. & Dolly Ahrens Foundation & Imagine Grinnell



### Erin Gersdorf, Facilities Supervisor, Models the Latest Facemasks

As we ask all who are near others on the Mayflower campus to wear facemasks, Erin not only complies but celebrates with his St. Louis Cardinals facemask. If you have not received a face mask, please contact Deb Jack, Pearson office receptionist (641-236-6151).



## Support Local Grinnell Businesses!

With the continuously changing landscape that COVID-19 brings, it may be more difficult to frequent your favorite

restaurants and establishments in Grinnell. The Grinnell Area Chamber of Commerce is [offering gift-cards](#) to your favorite Grinnell businesses, including Grinnell Bucks. You simply select the business you'd like to purchase a gift-card from and hit submit. These are a great way to support small businesses during this challenging time!



Here is the link to purchase:

[https://www.grinnellchamber.org/index.cfm?NodeID=95696&AudienceID=1&previ  
ew=1](https://www.grinnellchamber.org/index.cfm?NodeID=95696&AudienceID=1&previ<br/>ew=1)

## How to Get Cards and Letters to Beebe Assisted Living and Health Center Residents

Would you like to write a card, a note, a letter to a resident in either Beebe Assisted Living or our Health Center? To have it hand-delivered, please mail it or deliver it to the Mayflower Pearson building lobby (616 Broad Street).

There is a basket for residents' inner-campus mail under the mailboxes in the entryway (between the outside and inside doors) of Pearson. Twice a day, at 11:30am and 4:00pm, that mail is picked up and delivered to Beebe and the Health Center. From there, the nursing staff delivers to residents.

You may have notice baskets in the doorways of those two buildings. These baskets are for use by family members delivering supplies and personal items to their loved ones. The baskets should not be used for personal mail.

We are sure your efforts to remember residents will be greatly appreciated.

*-Bob Mann, Sales & Marketing Director*

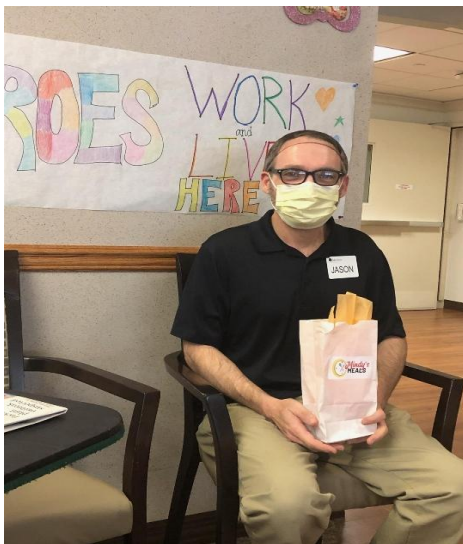
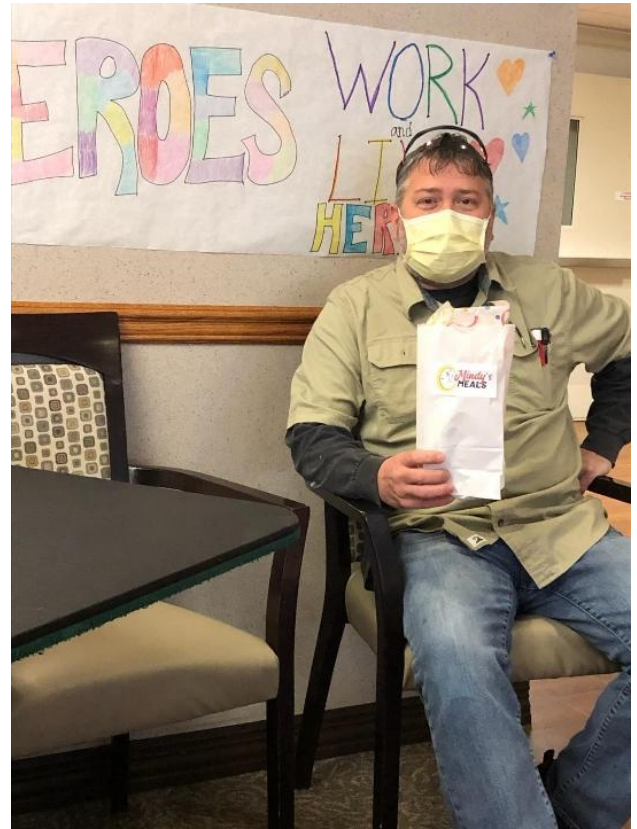
## Mindy's Does Meals for Mayflower



Mindy Kriegel, Owner of Mindy's Meals in Grinnell, is working to take care of healthcare staff in the Grinnell community in the midst of the COVID-19 pandemic. Mindy decided to donate five \$25 gift cards to Mayflower Community employees who provide support to local seniors.

Mindy talked with Mayflower about ways that she could “pay it forward.” Mindy’s specialty is delicious home cooked meals delivered to patrons in Grinnell, Brooklyn, and Newton.

As an employee benefit, Mayflower already provides one meal a day from our Open Dining menu. Therefore, Jacki Hicklin RN, Mayflower’s Assistant Director of Nursing/Infection Control Nurse suggested that Mindy’s Meals somehow benefit employees’ families.



Mindy, Jacki, and Hanna Snodgrass CMA developed the plan to donate the gift certificates to be used by employees with their families. Mindy delivered the certificates in Mindy’s bags and a drawing was held.

Joe Derby

Jason Bellinger

The five employees who will treat their families with a Mindy’s Meal are Sue Allen, Jason Bellinger, Joe Derby, Brittini Lillie, and Phyllis Turner.

Mindy's Meals does the shopping, dicing, spicing, cooking, and baking for the meals she delivers weekly. Thank you, Mindy!

*-Bob Mann, Sales & Marketing Director*

## Greetings for Isolated Mayflowerians

There is a new group of caring residents at Mayflower. They call themselves “FANS,” Friends and Neighbors of Mayflower. They have hand made greeting cards for Health Center and Beebe Assisted Living residents who are not able to get out nor be with friends and family. The cards are beautiful!



*-Bob Mann, Sales & Marketing Director*

### **Please wish a happy birthday to the following!:**

- April 25 Eugene Herman  
Kathy Szary
- April 26 Roberta Atwell
- April 27 M.J. Zimmerman  
Chao Huang  
Rudi Munitz
- April 29 Loren Kolpin
- May 1 Stan Greenwald  
Janet Ferguson
- May 4 Connie Osborn
- May 5 Dot Anderson  
Sig Barber
- May 7 Gayle Strickler Jr.
- May 8 Wilma Graden
- May 9 Sandy Moffet