



# The Informer

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

## A Little Fresh Air and Entertainment at Mayflower

As we practice social distancing in The Mayflower Community (Grinnell IA), residents and staff have found new ways to share their gifts.

Jean Libbey, Mayflower Harwich Terrace resident, performs a cello recital in her driveway for other residents. Beautiful day and beautiful music.



Casie Vande Stowe, LPN



Jean Libbey and Audience

Meanwhile, Mayflower Health Center staff members share greetings and recommendations for coping with this time of limited interaction and health challenges.

*-Bob Mann, Sales & Marketing Director*



Rhonda Hudson, LBSW

## Coping at Mayflower

During these difficult times, Mayflower Community (Grinnell IA) residents and staff have created ways to deal with social isolation and healthcare needs. Others have also helped. The typical weekly management staff meeting has been reduced to 10 or less, sitting far apart in the Carman Center. We talk loudly and have gotten more efficient.



Cheyenne Klos, LPN Julie Smith, MSN/BSN, Angie Dillion, LPN

We are all wearing masks when in contact with each other. Alicemary Borthwick continues to turn out a supply from her Buckley apartment sewing machine. Some staff have missed possible careers as bank robbers as they are unrecognizable with their faces covered. One good thing: People can't tell when you are smirking.

The Walmart—Grinnell store called one day, unexpectedly, and offered us a supply of hand sanitizer. Of course, we held out our hands for it!

HW Brand, a local manufacturer of livestock gates, donated a box of safety glasses to the Beebe Assisted Living staff. HW Brand employee, Jeff Dillon, husband of Beebe nurse, Angie Dillon LPN, suggested that plant manager, Dan Thompson, make the donation. Mayflower is grateful.

Now, here is a gift that will take a while to germinate...literally. Mayflower Watertower Square residents, Dan and Nancy Agnew, Jo Bolton, Sheila Gauss, Darwin Kinne and Suzanne Schwengels, Barb Lease, and Sis Vogel planted nearly 400 cups of flower seeds.

Using the expansive Watertower Square garage as their greenhouse, the group wore gloves and practiced social distancing.



Jo Bolton, Barb Lease, Shelia Gause



Now that the seeds have germinated, they are being shared with all residents and staff.

All of this is an affirmation that there will be a spring and a blossoming of life, as we have known it.

-Bob Mann, Sales & Marketing Director

### **A Note from Steve Langerud**

Dear Mayflower Residents:

Thank you for all you are doing to keep yourselves and employees safe. As you know, we have asked you to follow our guidelines for continued protection.

I ask Mayflower residents to please observe the most conservative practices from the Iowa Department of Public Health (IDPH). The web address is: <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus/Prevention>

Generally speaking, please take actions not just to protect yourself but to keep others safe. Act as if you do have the virus and are at risk of spreading it to others.

**It is important to note there are seven different coronaviruses known to infect humans. There are four common coronaviruses (229E, NL63, OC43 and HKUI) that circulate widely. Most people will get infected with one or more of the common human coronaviruses in their lifetime.** IDPH recommends everyday preventive actions to help prevent the spread of all 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 not available.

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth with your upper arm or tissue when coughing or sneezing.
- Clean and disinfect frequently touched objects and surfaces.

**For the protection of residents and employees at Mayflower, we ask that you:**

- Shelter in your home to help isolate and prevent virus exposure or spreading.
- Wear masks when in public on campus. Please contact Deb Jack to be on our list for receiving a mask
- Limit your visitors/caregivers and screen for COVID-19 symptoms, including temperature. If they are caregivers, please have them wear a mask and wash their hands upon entering and departing your home.

Ask for help with any of your needs!

Thank you for all your kind assistance in helping us prevent the spread of the virus at Mayflower and within the greater community.

All the best,  
Steve

**More Doins' in Mayflower Healthcare**  
Residents in The Mayflower Community (Grinnell IA) Health Center and Beebe Assisted Living homes are finding ways to “socialize at a distance.” This includes playing Bingo (each resident at their own table), being serenaded on the piano by Wilma Graden, and enjoying flowers gifted by an anonymous donor.



The individually-wrapped carnations came in a big bag with a band showing the source but not the donor. Tracy Woolfork, Mayflower Activities Assistant, then broke the flowers into individual vases. Residents were thrilled.

Tina Frascht, CMA, Mayflower Activities Assistant, was the Bingo caller in the Beebe Assisted Living dining room. *-Bob Mann, Sales & Marketing Director*

**Mayflower Health & Wellness**  
**Infection Prevention and Management**  
**COVID-19 Precaution Adaptations for Mayflower**  
**Independent Living Campus**  
*April 1, 2020*

**Apartment Building Limited Access**

- Most ground-level building access doors will be locked 24/7. Access from 7:00am to 8:30pm will be:
  - Pearson – Front entrance only
  - Buckley – Park Street main entrance and Beebe Circle 2<sup>nd</sup> floor door
  - Watertower Square – All doors locked (including inner front door)
  - Edwards – Circle drive entrance
  - Montgomery – Circle drive entrance
  - Altemeier – Both ground-level doors
- Pearson building entry procedures:
  - Non-resident visitors/businesses will be asked via signage to call to the Receptionist from the lobby rather than walk into the building.
  - People entering the vestibule are asked to maintain the cordoned off boundary from the administrative offices in the Pearson building.
- Entry doors will be equipped with hand-sanitizing stations.
- Access for visitors authorized by residents shall be through the unlocked doors. They should use hand sanitizer upon entry and exit and, if possible, wash with soap and water, drying with paper towel in your home.
- All other visitors must check in at the Pearson front door.

**Travels Off Campus**

- Travel will be necessary for essential services—groceries, medications, medical appointments, gasoline, etc.
- Mayflower discourages off campus trips for other purposes.

**Home Service Providers**

- Mayflower has negotiated additional contracts with Home Instead, Total Rehab, and hospice providers assuring their representatives are being screened daily.
- For private service providers such as housekeepers and caregivers, we ask residents to exercise caution in assuring safe procedures (temperature-taking, hand-washing, etc.) AND to notify Julie Roderick, Health Center receptionist (641-236-6151 x210 or [jroderick@mayflowerhomes.com](mailto:jroderick@mayflowerhomes.com)) the name and the assignments of these providers.

**Mail Delivery:** No change

### **Deliveries to Harwich Terrace Homes**

- Buckley Kitchen meals will be delivered directly to homes at no charge.
- No other changes for Harwich Terrace residents.

### **Deliveries to Independent Living Apartment Buildings**

- Apartment building access will be discouraged.
- Buckley Kitchen meals will be delivered no charge. Mayflower employees will continue to pick up their own meals.
- *Grinnell Herald-Register* – U.S. Postal mail only
- *Des Moines Register* – Carrier will write apartment number on the paper and leave it at the mailboxes.
- Hy-Vee Pharmacy – Mayflower picks up orders on Tuesdays and Thursdays and brings them to Beebe from where they are delivered by staff to residents.
- Medicap Pharmacy – They will deliver all prescriptions to the Beebe lobby and call Beebe nursing staff for hand-off and delivery.
- Fareway and McNally's Groceries – They will deliver to the Beebe Circle lobby and call Mayflower Food Service staff who will deliver directly to residents.
- Restaurant Meals – Residents should meet the delivery person at a building door.

### **Libraries/DVDs & CDs/Puzzles**

- All Mayflower book, DVD, CD, and puzzles will be quarantined until April 13<sup>th</sup>.
- After that time, when items are removed, DO NO RETURN them until notice that it is safe to do so.
- When using shared items, wash hands before using, do not touch your face during use, and wash hands after using.
- There are borrowing book libraries available in the Pearson lobby and in the 3<sup>rd</sup>-floor Buckley lounge.
- There is a massive DVD and CD collection available for borrowing, currently located in the 3<sup>rd</sup>-floor Buckley lounge. Its normal home, Buckley 2<sup>nd</sup>-floor lounge, is under construction.
- There is a large inventory of puzzles available for borrowing located in the lower level Beebe game room (south end of hallway), inside door to left.

### **Questions about COVID-19 Illness?**

- The best source for immediate information is a phone call to **2-1-1**, which takes you to a CDC (U.S. Centers for Disease Control and Prevention) operator.
- The most current **Mayflower COVID-19 information** is contained on our website (<https://www.mayflowerhomes.com/>), middle right, "COVID-19" double-click.
- The most current source of information for the **state** is this website: <https://coronavirus.iowa.gov/>.



Helen Brand and Sandi Maddocks

- Mayflower’s primary contact for health information is **Jacki Hicklin**, RN, Mayflower Assistant Director of Nursing/Infection Control Nurse at 641-236-6141 x233 or [jhicklin@mayflowerhomes.com](mailto:jhicklin@mayflowerhomes.com).

## Ice Cream and a Crossword Puzzle at Mayflower

The newest iteration of the old-fashioned ice cream truck during these Stay At Home times, is two Mayflower Community Food Service staff members working their way around the hallways of the independent living apartment buildings, distributing ice cream bars. The mission was made easier by the use of Mayflower’s extensive tunnels and elevators. Pictured are Helen Brand and Sandi Maddocks, masked for prevention purposes. On Friday,

March 27<sup>th</sup>, they made it around to all six Mayflower apartment buildings with their ice cream “truck.” Pulling together during difficult times.

Want some Stay At Home entertainment? Try this crossword puzzle:

[http://www.qets.com/large-print\\_puzzles/pdf/03/spring\\_lp-std\\_crossword.pdf](http://www.qets.com/large-print_puzzles/pdf/03/spring_lp-std_crossword.pdf).

You can pick up copies at the Pearson Receptionist desk. The answers are on the fourth page. Don’t look at that page yet! This exercise has been suggested by our Total Rehab occupational therapist, Brittany Sleuwenhoek, OTR/L to keep your brain limber.

*-Bob Mann, Sales & Marketing Director*

## Treasure Chest

The Mayflower Treasure Chest in Pearson, which is located on the first floor, across from the main desk- will be showing Pat Youngclas’s amazing collection of Hummel Figurines through the month of April.



If you have not seen them, please take the time to visit this Treasure, before they are packed away by the end of this month.

-Sue

Drake

### Then There Was “Hallway Bingo!”

Ask any Mayflower Community resident who lives in the Health Center or Beebe Assisted Living what they enjoy doing most. You will find that second to eating Mayflower’s delicious meals, they will likely say, “Bingo!”

So, how do you play a rousing game of Bingo in the midst of social distancing? Easy. You set up a table in the doorway of your Health Center suite, put a caller on a microphone, cover the “Free” spot, and start placing markers as squares are called.



Katie Hoisington



We’re doing it! And, it is so much fun that we might not move it back to our attractive Activity Room when we can again practice “social connectedness.”

Tracy Woolfork, Activities Assistant, was the caller. She is assisted by Chery Nelson, Activities Director; Vickie Wieck RN; and Wendy Parrott, CNA.

You will appreciate knowing that we used disposable cards and bingo chips washed in the dishwasher. The prizes were also disposable—after dinner goodies!

-Bob Mann, Sales & Marketing Director



## UnLOCKING the Power of Philanthropy

*From Doug Lockin, CPA*

*Charitable Gift Planner*

### **At Your Service**

With this and future columns, I will highlight the services I have provided Mayflower residents and friends for the past twelve years. Charitable gift planning is at the heart of what I do. Mayflower is a worthy not-for-profit organization and generous charitable support over its seventy year history has provided many important services.



Charitable gift planning is a relaxed way to explore how support for your favorite organizations can be part of your plans without disrupting 1) your standard of living, or 2) the funds you desire to give children or other heirs, now or in the future. A charitable planning conversation commonly explores questions such as: “How much can I afford to give?” “Are there better alternatives than writing checks to my charities?” “Will my gifts save me any taxes?” or “How can I be more “proactive” with my giving?”

I am also available to help you find answers to a broader array of financial or estate planning questions. I began my career as a CPA and gained experience with general financial and estate planning issues. The following are common topics I have discussed with friends of Mayflower over the past twelve years.

- Changes in income tax laws or other related laws.
- What to do about increasing premiums on a long-term care insurance policy?
- Preparing to write a last will and testament, or make changes to an existing one.
- Comparing a last will and testament to a revocable living trust, and which one might be more effective for you.
- How to interpret your investment statements.
- Giving referrals for needed professional services .... Legal, Accounting & Taxation, Financial Planning, Insurance, etc.
- Basic budgeting questions.
- Understanding some Medicare or Medicaid issues.

No matter the conversation we have, there is never any cost or obligation for my time or the information I provide. Deb Jack (641.236.6151) can connect us; or I welcome hearing from you directly any time at 515.210.6603 or [dlockin@mayflowerhomes.com](mailto:dlockin@mayflowerhomes.com).

*Doug*

## **Economic Stimulus Checks and More!**

### **How Does the 2020 “CARES Act” Affect You?**

Doug Lockin, Mayflower’s Charitable Gift Planning Consultant, is available to discuss details of this recently passed federal legislation.

In Doug’s opinion, there are at least two key provisions of the new law that will affect many Mayflower residents:

- Most U.S. taxpayers will receive a \$1,200 “stimulus” check, even if you have not paid taxes in recent years.
- “Required Minimum Distributions” from IRAs and 401(k) accounts are no longer required for 2020.

Doug will share these and other details in brief upcoming video events and printed material. Watch for more details.

Also, Doug is available anytime you wish to discuss this legislation or other financial topics. You may reach him at [dlockin@mayflowerhomes.com](mailto:dlockin@mayflowerhomes.com) or by calling or texting 515.210.6603.

### **Flowers to You**

A group of Watertown Square “gardeners” has planted 400 Dixie cups with soil and flower seeds that were being distributed on April 7<sup>th</sup>.

For independent living, these are the locations of the cups:

- Buckley – To apartment doors for 1<sup>st</sup> and 2<sup>nd</sup> floors and the lounge for 3<sup>rd</sup> floor
- Altemeier – 2<sup>nd</sup> floor lounge
- Edwards, Montgomery, and Pearson – Lounges
- Harwich Terrace homes – To be delivered by Facilities staff

For staff, the flower cups can be picked up as follows:

- Food Service – Buckley Dining Room
- Housekeeping and Laundry – Joleen’s office
- Facilities – Jack
- Health Center – Activity Room
- Beebe Assisted Living – Activity Room

## The Wind of Palm Sunday at Mayflower

In a “pop-up” duet performance, John and Pasha Buck played on the Buckley patio of The Mayflower Community (Grinnell IA) last Sunday (April 5<sup>th</sup>) to celebrate Palm Sunday.

John played trumpet and baritone in junior high and high school and stand-up bass viola for the Marshalltown area Lucky Seven Dance Band in the 1950s. Since then, he has played tuba and guitar.



Pasha grew up playing piano and learned organ in college. She has performed as organist for churches in Nebraska and Kansas. When John and she married in 1994, members of the old Lucky Seven band would come to the farmhouse and play in the living room. Pasha joined in with them using a borrowed tenor sax, learning to play by ear.

John and Pasha have played in the West Marshall Community Band, in their own “Remnants of the Lucky Seven,” and in various performances at the Veterans Home in Marshalltown and other local venues.

Pasha has been serving since last summer as interim chaplain in The Mayflower Community.

*-Bob Mann, Sales & Marketing Director*

## Resident Birthday List

April 13	Dorothy Noer
April 15	Alicemary Borthwick Bruce Voyles
April 18	Eugene McCaw Bill McNally
April 19	Rey Evans
April 20	Karin Connelly
April 21	Jean Jones
April 22	Deb VanArkel Iann Veldhuizen
April 25	Eugene Herman Kathy Szary
April 26	Roberta Atwell
April 27	M.J. Zimmerman Chao Huang
	Rudi Munitz
April 29	Loren Kolpin

### Reminders:

**Wash**

**Wear  
Stay**

**Do  
Part!**

**Do not change your behavior  
to avoid being infected.**

**Assume you are infected  
and change your behavior to  
avoid transmitting.**

**Your  
Hands!  
a Mask!  
at  
Home!  
Your**